

# NcJ

NORTH COAST JOURNAL OF POLITICS, PEOPLE & ART

THE HEALTH &  
WELLNESS ISSUE

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## The Whistleblower

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after raising a host of concerns • *By Thadeus Greenson*

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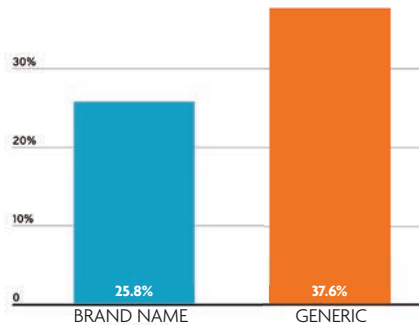
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Generic drug prices rising faster than brand name drug prices. Read more on page 15.  
*Cal Matters*

**On the Cover**  
Dr. Kim Ervin, photo by Thomas Lal

NCJ

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## NCJ MAILBOX



## Yes We Can ... Drive 55

Editor:

Once again, Mitch Trachtenberg has hit the nail on the head about Terra-Gen (Mailbox, Dec. 26, 2019). And Lynn Robbins added five important words to his argument, "curb our waste of energy." We actually never needed a huge mega project. Felice Pace is correct — we need a scaled-to-population "safe and sustainable North Coast power grid." Small really *is* beautiful. And small creates far less garbage to haul away 20 years down the road when those giant turbines would have been creaking their last revolutions.

Mr. Trachtenberg ends his letter with his idea about lowering the speed limit to 55: "And if even that is too painful, why bother pretending we want to address the problem?"

But it is not only about driving 55 mph, something we all could do. It is the act of driving *at all*, electric cars or gas guzzlers. More lanes on the road, more cars fill them. More electricity, more use. Put your vampire appliances on power strips. Turn out the lights at night or put exterior lights on motion detectors if you really want "security." These two suggestions are *not* too painful but they *do* require addressing the problem. Yes, the to-do list is longer but I won't bore you.

So, Happy 2020, everybody! Let's each commit to one or two adjustments to conserve energy. It will add up, especially if business, government and industry participate. Then we can look to some authentic leadership with real solutions — not quick fixes that punt the problem to our progeny — and work harmoniously to achieve our shared goal of having enough, just enough. And the lights we need will stay lit.

Carol Moné, Trinidad

Editor:

As a follow-up to Mitch Trachtenberg's letter and his excellent suggestion that Humboldt County adjust the maximum speed limit to 55 mph, consider this: In addition to the benefits of significantly reduced CO<sub>2</sub>, driving 55 miles per hour on the highways, along with slow and gradual starts and stops in town, and keeping one's tires properly inflated, can up to double one's gas mileage (according to the Car-Talk radio program).

Looked at another way, driving 55 and gently can cut your gasoline costs by up to half. Added bonuses include less wear and tear on your engine, transmission and brakes, saving you even more money. There will be fewer auto accidents, fewer fatal accidents, increased safety for pedestrians and bicyclists, less air pollution (fewer cases of asthma) and less traffic noise.

Help slow climate change by driving gently, less expensively and more eco-responsibly. Drive 55.

Fhyre Phoenix, McKinleyville

Editor:

The complexities of climate change are the most significant challenge we face as a global community. Humans are being called upon to reconcile profligate energy use with the demands for alternatives to satisfy our modern lifestyles. These alternatives have the potential for unintended consequences that often result in more environmental harm than good. Case in point, the widely differing opinions echoed in recent letters concerning the Terra-Gen wind energy project (Mailbox, Dec. 26).

Bottom line, to realistically address the impact of climate change on planet Earth, the conversation we need to be having should be focused on consuming less of her natural resources and living more sustainably. The solution is not to do more, but rather to do less with what we have. This means



## a pome called sustenance

1  
the actual world is not an imaginary friend.  
the moon in the sky is farther out than we can conceive  
but we can imagine what we imagine  
without end.

we can walk to the foamy line where the surf  
runs up the sand and see the curve of our  
mother's side - the old wine-dark sea.

and then after swimming in  
rosario strait - the taste of salt on her skin -  
her salt-dried hair: these mysterious traces.  
i could show you a photo of the day.

2  
still we have a heavy heart - our errors and  
arrogance that cost lives - this empire of  
small shovels and pails.

wind through leaves or my grandmother's  
bones - the ache is real. who doesn't  
dread the piercing wound - gutshot and  
too strong to be found?

hunter says you walk following blood.  
says eat when you can. with teeth and talons  
on painted barn doors writes, free them.

— Monte Merrick

changing the lifestyles that are pushing  
the Earth to the brink of no return. In my  
opinion, we should be making the choice  
to drive less, travel less and committing to  
being conscientious, thoughtful consumers  
of those precious resources.

As a friend expressed to me years ago,  
“We need to live simply, so that others can  
simply live.” We have currently in our midst a  
brave young 16 year old who has the courage  
to live by those words. She should be our  
role model for embracing an existence that  
treads gently on the planet.

*Laura Madjedi, Kneeland*

Editor:

The three letters on Dec. 26 attacking  
the wind farm rejection revealed misunder-  
standings.

Mr. Dillon misunderstood the concept of  
sacred space. It's like a church without walls.  
Nothing to do with bones and arrowheads.  
He criticized China's expanded use of coal.  
Per capita, our greenhouse gas production is  
seven times greater than the Chinese, whose  
economy is driven by paranoia, as they can  
see U.S. aircraft carriers from their beaches  
ever since Obama's “pivot” to the east.

Ms. Tuttle misunderstood Greta, who  
would have repudiated Terra-Gen. Her “how  
dare you” speech referred to our extractive,  
exploitative and destructive modus vivendi  
regarding the planet, inclusive of projects  
like Terra-Gen. Greta calls for saving our old  
forests, not cutting them down for wind  
machines.

Mr. Schaefer thinks we all “drank the

Kool-Aid” of guilt over demol-  
ishing American indigenous  
civilization, and that the Wi-  
yot want revenge. But there  
was never any hint of rebuke  
or accusation from them, only  
reverence for the Earth.

They managed to convey  
this reverence, hence the  
supervisors' decision. Un-  
fortunately, it did not reach  
Madrid, where corporations  
and money ruled, and the U.S.  
was a bad actor.

What is to be done?  
Fiercely and collaboratively  
get our energy scene togeth-  
er, with personal commit-  
ments and rules. Divest from  
carbon investments. And  
assume our responsibilities  
as citizens to turn our ship of  
state, as if our lives depended  
upon it.

*Ellen Taylor, Petrolia*

Editor:

The Terra-Gen wind  
project outcome was both  
heartening and unsettling

— the surprising defeat of

a powerful large-scale corporate enterprise  
that threatened local cultures and environ-  
ment, and the troubling missed opportunity  
to act quickly against imminent threats of  
global climate change.

The long, fractious debate mobilized hun-  
dreds of citizens to action, raising the level  
of awareness and knowledge on issues of en-  
ergy generation, greenhouse gas reduction,  
carbon sequestration and potential impacts  
to local and global life and livelihoods.

It is the perfect time to funnel this  
public awareness and energy into another  
climate battle — this time with greater local  
control and accountability, and more clearly  
defined options and benefits. If all who were  
galvanized by the wind project come to  
the Humboldt County Climate Action Plan  
Workshop on Wednesday, Jan. 15, at 5:30 p.m.  
at the Wharfinger Building, 1 Marina Way, Eu-  
reka, we can work together toward solutions  
that represent our highest common values.

*Joyce King, McKinleyville*

## Evolving

Editor:

My favorite Torgerson has been matched  
by that guy in the back (“Evolution Isn't Prog-  
ress,” Dec. 18, 2019). “Evolution is a random  
process!” Ha ha ha! Convergent evolution  
should convince Barry that the great vector  
of evolution is available energy. True, it's not  
exactly linear. But it drives it all anyhow and  
it ain't random. Here's how some of those  
science guys say it:

Linda Phillips et al., 2010: “Ecosystem ener-

gy is now recognized as a primary correlate  
and potential driver of global patterns of  
species richness.”

Paleobiologist Geerat Vermeij: Phanero-  
zoic revolutions, that is, the major explo-  
sions of life, always are associated with an  
increase in environmental productivity, and  
the history of life always is influenced at all  
spatial and temporal scales by resources and  
the supply and demand that apply to them.

Biologist James Gillooly: There is a univer-  
sal biological clock, “but it ticks in units of  
energy, not units of time.”

But I agree it isn't progress. Those who  
believe in progress are worshipping a hidden  
ogre. Yeah, flights to Maui are destroying the  
Earth. Consumerism is a death kick. Albert  
Schweitzer: “Man has lost the capacity to  
foresee and forestall. He will end by destroy-  
ing the Earth.” Get out of the middle class  
daydream before it's too late!

*Robert Sutherland, Etersburg*

Editor:

Chip Sharpe (Mailbox, Jan. 2) rightly  
objects to my cavalier use of the short-  
hand phrase “survival of the fittest” in my  
discussion of evolution by natural selec-  
tion (“Evolution Isn't Progress,” Dec. 18, 2019).

One aspect of “fittest” might be “having  
heritable characteristics that most effi-  
ciently promote mutual aid,” since the vast  
majority of animal species live in societies  
where cooperation is more important than  
competition.

Google “Peter Kropotkin” for more on  
this on-going debate.

*Barry Evans, Eureka*

## ‘Love to All’

Editor:

To you Peter Childs (Mailbox, Jan. 2), I  
wish a wonderful, enlightening and renew-  
able Winter Solstice and a Happy Hanukkah;  
also, from an agnostic like me, a Happy New  
Year, and ... why not just wish a happy holi-  
day? That accounts for all I may have missed.  
Love to all.

*Pat Kanzler, Eureka*

Editor:

We need a weekly feature on peace, love  
and understanding if our Humboldt commu-  
nity is to move forward in 2020.

In peace with love.

*Joanne McGarry, Arcata*

## Correction

The story headlined “Artists Inside” in  
the Jan. 9, 2020, edition of the *North Coast  
Journal* included a caption that misspelled  
the name of former Humboldt County jail  
Programs Coordinator Stefan Logie. The  
article also incorrectly described Henry  
Frank's role in a 1993 drive-by shooting at  
the Bayshore Mall. Frank was the driver. The  
*Journal* regrets the errors. ●

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Elliott Dabill of the Friends of the Arcata Marsh talks about the California King Tides Project.  
Photo by Mark McKenna

# When the Sea Rises

King Tide foreshadows new normal

By Elaine Weinreb

newsroom@northcoastjournal.com

**D**ozens of people gathered in the rain at the Arcata Marsh on Saturday, Jan. 11, to view the highest tide of the year and listen to a discussion on how it can be seen as a preview of sea level rise and the effects it will have on both the city of Arcata and the world.

Elliott Dabill, a retired high school biology teacher and current president of the board of directors for Friends of the Arcata Marsh, which sponsored the event, led a walk along the dikes and pathways through the marsh, explaining the science behind the King Tide event. The tour also incidentally treated followers to glimpses of black-crowned night herons and dramatic aerial ballets by flocks of dunlins.

King Tides, Dabill explained, occur when the Earth is between the sun and the moon, and at the closest point in its orbit to both these bodies. This combination of events occurs once or twice a year, usually in January, resulting in dramatically high water levels along the ocean shores. (This year, there will be another King Tide in February.) While ordinary high tides generally run around 6 feet, King Tides are more than 8 feet high. In Arcata Bay, the tide peaked at 8.35 feet shortly after noon Saturday, covering the mud flats and salt marshes, leaving dead trees, bushes and small patches of grasses protruding eerily from the water.

In the 1850s, white settlers, in an

attempt to reclaim upland areas from the reach of the tides, diked off the bay from the land, replacing the salt marshes that originally rimmed the water with levees. This worked for about 150 years but now that the ocean is rising because of global warming, high tides are getting higher, and eventually the height of today's King Tides will become the new normal, occurring on a frequent basis. At that point, when an unusual event, such as a big storm or the regular astronomical pattern that creates King Tides occurs, the water levels will be so high they will overtop the dikes, creating flooding and making some areas useless for agriculture and dwelling.

"When the sea level rises 2 to 3 feet, it's going to start overtopping these dikes and then the Humboldt Bay will increase by one-third," Dabill said. "The bad news is that your house is in that one-third."

"No it's not," retorted a walker who lives in a remote area of Fieldbrook.

"Some of your houses," Dabill corrected himself.

"Look at what we have today and imagine it getting worse," he continued.

"The green zone," he said, referring to a city map, as the group stood at the edge of the McDaniel Slough levee near the marsh's western edge, "is where we're standing right now. This green zone is going to be under water."

The most popular parts of the marsh,

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where people run, walk dogs, bike and watch birds, will be under water, as will some of the ponds, he said. One part of the marsh that will remain above water, according to the inundation map, is the former dump site called Mount Trashmore.

"Future people rowing past what used to be Arcata will say, 'What's that high ground over there?'" he said. "It used to be the city dump."

"What does Arcata want to do about this?"

"Make more dumps," someone wise-cracked.

One thing the city intends to do is save the wastewater treatment plant, which is currently undergoing a major upgrade. It would not be cost-effective to build a new facility somewhere else but, in order to do this, the city will also have to protect South G Street from rising waters, which should be a major relief to property owners there.

"How would you protect a big chunk of land like that?" Dabill asked. "More dikes. If you walk the trail around Klopp Lake, that big lake out there where the parking lot is, and look back at the wastewater treatment plant, you'll notice that the slope protecting it from the bay is covered in large rocks. And the top of that dike is really wide. The city has planned for the future to be able to build it up even more and armor it and grow plants there. It's called a living slope, where they angle the earth and grow plants that will protect it from tidal washing."

The purpose of the Arcata Marsh, Dabill explained, is to provide sewage treatment for the city, using natural processes instead of chemicals. In a nutshell, when wastewater flows underneath the root systems of water-loving plants, bacteria on the roots feed on the nitrogen-rich wastes and, by the time the water has spent several weeks flowing through a series of ponds, it is clean enough to be discharged into the ocean. (The wastewater is disinfected with chlorine before its final dispersal.)

After the upgrade, the chlorine will be replaced by an ultra-violet light disinfection system. The treatment ponds on the south side of the marsh,

an area where the public does not usually go, will be protected from the rising bay.

The Arcata Marsh was the first in the world to use this innovative but natural system and, since it was built, thousands of similar marsh sewage treatment systems have been built throughout the world. It is especially valuable to poor countries, Dabill said, which may not be able to afford a high-tech system but can construct or modify a marsh.

But the focus of the day was the tide.

"What you're seeing today as a King Tide is tomorrow's normal tide," Dabill said. "The sea level is rising and the reason that the sea level is rising is because glaciers are melting around the world and the ocean temperature is changing [and warm water takes up more space than cold water]. The loss of glaciers means that hundreds of millions of people, especially in Asia, are going to have to move because they will either have no water or not enough."

"If global warming reaches 1.5 to 2 degrees Celsius, then the bad stuff happens. The permafrost melts releasing methane

[an even more powerful greenhouse gas] and more CO2, so a tipping point is reached."

Dabill urged action.

"You don't have to feel guilty about flying in an airplane but you do have to think about it," he said. "I'm refinancing my house to put on solar panels. We have to do everything we can and get governments involved."

"This may be the biggest catastrophe that's ever hit humanity."

Dabill urged photographers in the group to send their pictures to <http://california.kingtides.net/>, a website run by the California Coastal Commission. The city of Arcata is also collecting photos for use on its own website, which is at <https://www.cityofarcata.org/759/Sea-Level-Rise> ●

*Elaine Weinreb is a freelance journalist. She prefers she/her pronouns and tries to re-pay the state of California for giving her a degree in environmental studies and planning (Sonoma State University) at a time when tuition was still affordable.*

King Tides brought high water to the Arcata Marsh and Wildlife Center. (right)

*Photo by Mark McKenna*

High surf during the King Tide pounds the North Jetty. (below)

*Photo by Zach Lathouris*



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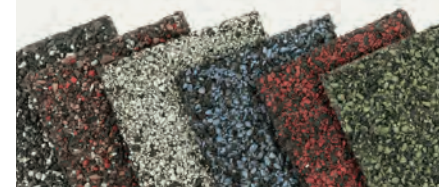
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# Audit Reveals Failure to Test Millions of Babies for Lead

Humboldt County has one of the highest concentrations in California

By Elizabeth Aguilera/CalMatters  
newsroom@northcoastjournal.com

Millions of California toddlers who should have been tested for lead exposure have not received state and federally mandated blood tests, in part because the health hazard — a particular threat to poor children — has not been prioritized by public health agencies, a recent state audit shows.

In a searing review of a problem that has persisted for years nationally and in California, State Auditor Elaine Howle found some 1.4 million toddlers enrolled in Medi-Cal had gone untested for lead exposure over the past decade, and another 740,000 missed one of two required screenings — a failure encompassing nearly three-quarters of the 3 million toddlers covered by the state's publicly-funded health insurance program.

That includes Humboldt County, which has some of the highest concentrations of childhood lead levels in California, including one section of Eureka with 85 cases, the most of any census tract in the state with the exception of one in Fresno County.

Federal and state laws require the state Department of Health Care Services to make sure blood lead level tests are administered to babies enrolled in Medicaid — known as Medi-Cal in California — when they reach the ages of 12 months and 24 months.

Testing is critical in the Medi-Cal cohort because studies show low-income children are most at risk of being exposed to lead via old paint, contaminated soil or air from lead smelters, tainted drinking water, industrial emissions and other lead sources. The Centers for Disease Control and Prevention has found that no level of lead is safe and that even low levels can affect a child's IQ and cognitive development, and damage the brain and nervous system.

"Many of these children live in areas of the state with high occurrences of elevated lead levels, making the missed tests even more troubling," Howle reported.

The California Department of Public Health had data showing where lead exposure was highest, but failed to meet a statutory deadline for publishing it on its website, Howle wrote. Citing that data, the audit found that between fiscal years 2013 and 2018, among children who actually did get

testing, half of those found to have elevated lead levels were located in just 15 percent of the state's census tracts.

That includes parts of Humboldt County, which — along with the counties of Sacramento, Fresno, Los Angeles, Imperial, San Bernardino, Orange, San Diego, Madera and Riverside — has the highest concentration of cases in the state.

According to the report, nearly 850 area children enrolled in Medi-Cal tested positive for an elevated blood lead level over the data's five-year period.

But nearly 50 percent of the tests required for children living in the census tracts with the most cases of elevated lead levels were not done, according to Howle's report, which found that also held true across much of Humboldt County.

Eureka's Old Town and downtown areas were the top two tiers of cases in Humboldt County, with 85 and 74 cases of elevated lead levels in children, which is more than any other California county except Fresno.

But children living in those areas were also not properly tested 50 percent of the time, the audit found.

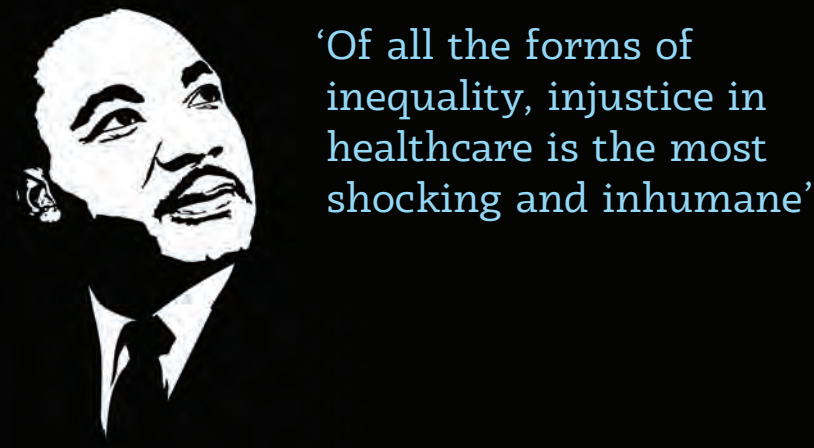
The southwestern section of McKinleyville — bordered by Murray Road to the north and U.S. Highway 101 to the east — as well as sections of Rio Dell and Scotia, were in the three and four spots on Humboldt census tract list of lead poisoning incidents, with 46 and 41 cases, respectively.

But, according to Howle's report, 52 percent of the tests that should have been given to the McKinleyville children were missed, as were 43 percent in the Rio Dell and Scotia tract.

Neighborhoods with the fewest cases locally include the areas around Freshwater and Trinidad.

Rachel Allen, a public health nurse with Humboldt County's lead prevention program, said she hadn't had an opportunity to review the data Howle used for the report but believes local providers are vigilant about testing children for lead. Overall, she said, the region is "doing a good job of capturing those 1 and 2 year olds for their initial screening."

Allen noted that the test is very sensitive and can be prone to false positives but that



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in the majority of the “true cases,” lead paint is the main cause of elevated blood levels in children.

Howle’s report also singles out Humboldt and Fresno counties as example of inequalities in funding levels for the lead prevention program, stating there were “observed differences in the levels of service provided.”

The report found Humboldt’s prevention program — which received \$3,000 per child in CDPH funds — made home visits in six of 10 cases reviewed, while Fresno — which received \$6,000 per child — did the visits in 10 out of 10 cases examined.

“Given that the suggested case management is similar for the lead levels of the children whose cases we reviewed in the two programs, we find the differences between the levels of service the children received troubling,” the report states.

The audit also states that CDPH was contacted directly “multiple times” about “our conclusions about the Humboldt program” but did not ask to see the reviewed cases discussed in the report.

Allen said every Humboldt County household with a child who tests positive for elevated lead levels is contacted by the prevention program, which “does require a tremendous amount of time and effort.”

In some cases, she said, if the lead level is low, that may be a letter or call to remind them to follow up with their provider for additional tests. But Allen said staff always make home visits in the more serious cases.

“I think an increase in funding always would help our ability to make this program more successful ... in terms of follow up, just having resource to do that,” she said.

Children with lead poisoning often don’t show symptoms, which is why testing is so important. Allen said she encourages families who are unsure if their children have been tested to contact their medical provider, noting the test is “simple and easy to do.”

The Department of Health Care Services agreed with most of the audit’s findings and promised to do more “to ensure that required blood lead tests are occurring.”

In a statement, Acting Director Rich-

ard Figueroa said the agency expects to implement outreach campaigns by March to better inform Medi-Cal families about lead testing. By June, he said, managed plans will be required to identify all the children who have not been tested and remind their medical providers about the testing requirement. By the end of the year, Figueroa said the agency expects to have established a plan to improve and better enforce screening requirements.

Department of Public Health Director Sonia Angell also released a statement promising to take “corrective” measures, including releasing a map of areas with high rates of lead exposure, helping counties create plans to address the problem, improving oversight of local programs and enhancing data reporting and screening requirements.

The CDC defines elevated blood lead level to measure 5 micrograms per deciliter — five millionths of a gram per 3 fluid ounces. In California, the Childhood Lead Poisoning Prevention Branch defines lead exposure even more strictly, rounding up to 5 any measure above 4.5 micrograms per deciliter. A child is considered “poisoned” if they measure at 15 micrograms per deciliter.

“Because we know that lead has such harmful effects on kids and the impacts last a lifetime, the state has a responsibility to want to eliminate all exposures so kids are not exposed in the first place,” said Jill Johnston, assistant professor of preventive medicine in the Division of Environmental Health at the University of Southern California Keck School of Medicine. “It’s important to do screenings as widespread as we can, especially for those who are the most vulnerable.”

Lead testing is not a new issue in California or nationally. In 1999, the state auditor released a similar report finding that only 25 percent of the required testing was being done.

A 2017 study by the Public Health Institute found that one-third of children poisoned by lead in the U.S. aren’t being captured because of testing gaps and loopholes. And in 2018, the nonprofit Environmental Working Group found, based on Health Care

Services billing data, that about three-quarters of California toddlers on Medi-Cal had not undergone the required lead testing.

Democratic Assemblymember Christina Garcia of Bell Gardens said she is “disappointed but not surprised” that agencies failed to implement a law she and Assemblymember Bill Quirk got passed in 2017 that doubled down on testing and accountability.

“All of these issues are those that affect low-income communities, that affect our most vulnerable populations, and it concerns me that the agencies don’t prioritize these communities,” Garcia said. “We have no problem treating these communities, like where I live, as wastelands. All of this needs to change.”

She plans to hold a hearing on the audit and how the state budget could be leveraged.

“Passing a law and mandating the audit is not going to change the culture,” Garcia said. “So how do we use the budget and work with the governor to change the culture at agencies?”

Others echoed the auditor’s call for more aggressive oversight and outreach.

“Lead exposure impacts on a child are irreversible,” said Susan Little, senior advocate for California government affairs for the Environmental Working Group, a non-partisan nonprofit focused on environmental safety. “It is something a child will have to live with and that emphasizes the importance of preventing the exposure in the first place.”

Little said managed care plans and local counties also have a role in the problem but need to be managed by the state to meet requirements or create better response plans. Medi-Cal managed care plans are supposed to make sure providers screen kids, a mandate that Health Care Services reinforced in 2018.

Counties also are responsible for responding to elevated levels of lead but action has been inconsistent. The audit specifically dings Public Health for not having better oversight.

James Dahlgren, a Sunnyvale physician who specializes in toxicology and environmental exposures, called the current system “criminal” and said the state should respond even to low levels of lead exposure.

“Every child in the state needs to be tested and it needs to be paid for by government funds,” said Dahlgren. “It is a public health responsibility.”

*The Journal’s Assistant Editor Kimberly Wear contributed to this report.*

*CALmatters.org is a nonprofit, nonpartisan media venture explaining California policies and politics.*

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## NCJ GUEST VIEWS



# A Reasonable Ask

Why can't we have affordable healthcare, America?

**By Jennifer Savage**  
views@northcoastjournal.com

I place another log in the wood stove, sit down at my dining table, mug of hot coffee at my fingertips. The fire puts out a steady warmth. Windows fill three of the four walls of this great room and I wonder if the light leaking out from my lamp bothers the neighbors. I always worry about this when I'm up before the sun, which is most days, all days in the winter. I flip through my Instant Pot cookbook looking for something to do with all the sweet potatoes I brought home. I find an idea but will need to pop over to Target for a steam basket. So far, I've taken advantage of the morning's promise by meditating (or trying to — I'm still terrible at quieting the mind), folding and stretching my body to a yoga video for 15 minutes and, now that the sweet potato problem may be solved, opening my laptop to write.

Living the dream, some would say — and that's true. Certain aspects of my life remind me daily how lucky I am, how even with all the effort I've put in, landing where I have is due at least partly to luck. Landing where any of us have is due at least partly to luck. Circumstances of birth, genes, whether or not opportunities come one's way — comfort can depend on as little as geography, skin col-

or and whether one arrived in the world with a brain and/or body built for success along traditional paths.

To believe that everyone everywhere should have access to warm, quiet mornings — even to believe that everyone should have a home and food to eat — feels bold in these times. Lacking resources, thousands of people live on the streets, under overpasses, in the bushes, in their cars. Per our country's policies, refugees are shoved into tent cities on either side of the U.S.-Mexico border. Homeless people are dying in record numbers and those fleeing violence from elsewhere are finding death and misery here. Some have given up their own comforts in efforts to subvert the crisis but, for most of us, the sadness is but one more in a long list of headlines that we hope an election will change for the better.

To sit in a house warmed by a fire safely contained in a lovely wood stove, to have a functional body warmed and woken up by whole bean coffee ground and leisurely brewed via pour-over, to have food waiting in the kitchen and a rewarding job awaiting as soon as I quit writing and open my email, to have a kind husband sleeping upstairs and three



children who, despite everything, are alive and reachable — who could have any complaints?

And yet.

Look, gratitude matters. Giving thanks acknowledges that life could have gone another way, that happiness and comfort are fragile. But radical progressive political nutjob that I am, I hold a conviction that — especially in a wealthy society — certain things should be part of everyone's life and not subject to luck. Perhaps we can't promise love and freedom from grief, but here's a list of what a fair, thoughtful society could ensure for all its people:

- Clean water (hardly a universal offering, even in California)
- Nourishing food (an idea that cutting food stamps in a country full of "food deserts" works against)
- Shelter
- Free public education (we are failing)
- Parks, beaches, forests and other natural places for exploring and playing (see open space inequity)
- Some sort of free, reliable news media (ughhhhhh)
- Libraries! (they make everything better)
- Healthcare, including mental health and dental care
- Equality of opportunity to all the above

Crazy, right?

I don't understand why the Republican party delights in trying to take all these things away, I really don't. I mean, I get why extremely wealthy people whose fortunes are built on exploitation prefer to have a weak, ignorant and subjugated lower class and that racists are insane in their hatred. But what is the benefit to politicians to make sure their constituents can't afford to see a doctor, are required to suffer in ever-increasing pain through, for example, injuries, illness, depression, addiction, cavities?

I — again with the luck — have health insurance, including vision and dental. However, that plastic rectangle proclaiming me to be a part of Blue Shield's family doesn't do as much as one might hope. Especially if one has a janky knee and terrible genetics when it comes to her teeth. I'm still paying off the X-rays I was advised to get last year and canceled the MRI scheduled as a follow up because the former is costing me more than \$600 and the latter will only happen when I

can walk in with \$800 in my pocket. My dentist, meanwhile, has advised me to get about \$3,000 worth of crowns, root canals, bone grafts and I forget what else because my dental "insurance" covers next to none of it so why keep listening?

But even the little I have is more than my husband does. In fact, me landing a job with health benefits cost him his; Covered California will not offer subsidies if your spouse has health insurance through work despite the fact that we can't afford to add him to my coverage — and now can't afford Covered California. I guess as long as we can scratch up the cash for his inhalers and he never has any other health issues we'll be fine ...

My older daughter finally managed to get on Medi-Cal only to find out that she can't get in anywhere because no one is taking new patients, especially with Medi-Cal. Open Door is, in fact, not.

My son is more fortunate in a way; because he was in the throes of ketoacidosis when diagnosed with Type 1 diabetes as a child and Humboldt lacked appropriate specialists, the doctors sent him to University of California San Francisco Medical Center. This means he's had and has excellent medical care, despite being on Medi-Cal. Of course, he has to travel nearly 300 miles each way to get it, which means he doesn't always see the experts as often as he might if we had some here. And although he's been "lucky" that eventually the (life-giving) supplies arrive, the amount of time he spends making phone calls to pharmaceutical companies, to product manufacturers, to the doctor, well, it's a part-time job in a good month. But at least he's not having to ration his insulin or dying from a lack of it. Yet.

If the Republicans have their way, I don't know what we'll do.

The sky lingers dark through my many windows, although the night has faded enough to reveal the eucalyptus trees tossing in the wind. On cue, the neighbor's rooster crows. To the east, a line of open sky stretches just above the mountains, shifting from pale yellow to glimmering orange as I type. My mug is empty and more rain is coming, but right now dawn is poised to break. I should stop typing and get to work.

*Jen Savage is a longtime mother and has spent a lot of time in hospitals and doctors' offices. She prefers she/her pronouns.*

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# Terra-Gen Electrified the Conversation. What Now?

By Tom Wheeler  
[views@northcoastjournal.com](mailto:views@northcoastjournal.com)



**T**erra-Gen's Humboldt Wind Project was flawed but it would have offered this: a large and sudden pulse of low-carbon energy, enough to fill approximately 56 percent of Humboldt's total electricity needs. With its demise, our odds at reaching our global climate goals become more distant while our challenge to achieve 100 percent clean, renewable energy from local sources is markedly more difficult. Its rejection now raises a new and more pressing moral imperative that we act, and quickly. If not this project, how will we meet our clean energy needs? We face a climate crisis that demands bold action now. We can't wait.

There is a Humboldt solution: locally-created, locally-financed and locally-owned power. We can and need to invest as a county in our own energy production. Humboldt County is a bondable authority. Our county is underleveraged in terms of its debt-to-asset ratio and this project is capable of generating revenue that can pay off the debt incurred, two important criteria that would make Humboldt well-suited and attractive for a municipal bond. After our bond obligations are paid, we also have something special: community-owned energy that generates revenue that could be used to reinvest in more renewable energy production.

What would this project be? We will need to diversify our electric portfolio to provide a responsible and stable grid mix. This means investment in all of the renewable energy technologies as appropriate, including solar, new biomass systems, run-of-the-river hydro, and,

yes, large-scale wind energy. In an age of information at everyone's fingertips, it is easy to find fault in virtually any project. We must embark on a community project with the understanding that compromises will need to be made. That said, as the county would ultimately develop the project, compromises can be made deliberately and democratically. As we learned from the Humboldt Wind Project, energy development projects need to come from the community, be good for the whole community and include the community in the planning process.

During the public dialogue, many raised the need to invest heavily, if not solely, in distributed solar microgrid systems, such as the one installed at the Blue Lake Rancheria. These systems, while an important tool, are not sufficient to meet our energy needs. While the PG&E planned power shutoffs have demonstrated the need for more microgrid systems to support the necessary civil infrastructure that we are reliant upon — hospitals, wastewater treatment facilities, government offices, etc. — microgrid systems are currently too expensive to provide affordable power on a large scale.

We face a climate crisis and it is our moral imperative to do something about it. Decarbonizing our energy infrastructure is the lowest hanging fruit. Carbon emissions associated with energy production account for approximately 13 percent of Humboldt County's emissions. These emissions are mostly attributable to those from the Humboldt Bay Generating Station, our large natural gas energy plant. By producing new renewable energy at





A December protest in Rio Dell against Terra-Gen's proposed wind project.  
Photo by Mark McKenna

scale, we can begin to depower the plant and eventually mothball the facility when we provide sufficient reliable energy to the larger grid.

Decarbonizing our energy infrastructure is also critical to reducing emissions in other areas. Far and away, Humboldt's — and the nation's — largest emission category is transportation, at over 50 percent of all greenhouse gas emissions. Here, achieving emission reductions is more challenging and involves both reducing total vehicle miles travelled by car and plane and electrifying transportation. Of course, however, electrifying our transportation fleet will only achieve the necessary emission reductions if that energy comes from low-carbon sources.

Humboldt is well suited to develop the kind of renewable energy projects we need to meet future energy needs.

We are blessed to have local renewable energy experts at Schatz Energy Research Center, the Redwood Coast Energy Authority and in the private sector. Local investment in renewable energy will also provide new opportunities to pursue the green tech jobs of the future.

The Humboldt Wind Project electrified the passions of individuals on both sides of the debate. It is my hope that all of the energy put into the consideration of that project will now come forward to support a locally-produced clean energy future.

●  
*Tom Wheeler is the executive director of the Environmental Protection Information Center and prefers he/him pronouns.*

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# The Need to Study Weed

By Thadeus Greenson

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**T**he head of the federal government's medical research agency told C-SPAN recently that cannabis' status as a Schedule 1 drug under the Controlled Substances

Act prevents scientists from researching its effects.

"Frankly, we know far too little about the benefits and risks of smoked marijuana," said Francis Collins, who was appointed director of the National Institutes of Health by President Obama in 2009 and re-appointed by President Trump in 2017. "There have been very few studies that have actually rigorously tested that."

While Collins intones that there would be a lot of value in starting to conduct in-depth studies into the substance Americans have been smoking and ingesting for at least a century, he stops well short of calling on Congress to change the drug's status or waive restrictions. But he did discuss the pitfalls of current policy, which he said puts scientists in a "funny place."

Wonder if he's referring to pulmonologists having to sit idly by with a dearth of data on the effects of, say, vaping, while watching thousands of people diagnosed with severe lung injury in 2019, including 47 deadly cases. Funny isn't the word we'd choose.

At least Collins was able to articulate the problems with the current framework for cannabis research, starting with the fact that it all has to be done using cannabis grown at a federally sanctioned farm at the University of Mississippi, which produces bud of a distinctly — cough — different quality than you'd find at virtually any dispensary.

"People don't realize that I run a farm in Mississippi that grows marijuana because I'm required to do so," Collins told C-SPAN. "That's the only source that investigators can use, and it may be rather different than what you could get in one of the states where marijuana is now approved."

Writing for Vox, reporter German Lopez described the federal pot coming out of Mississippi as "terrible," saying it "looks more like oregano than pot."

Collins added that another deterrent is the laborious process scientists must go through to receive federal approval to get their hands on shitty weed to study. Projects must first be cleared by the Drug Enforcement Agency before going over to

the Food and Drug Administration. It's a process that in some cases — under some administrations — has been known to take years.

The sad irony of the whole situation is that the scheduling tiers under the Controlled Substances Act were ostensibly created to limit access. As Nora Volkow, director of the National Institute on Drug Abuse said, a substance is given Schedule 1 status "in order to protect the public so that they don't get exposed to it."

Of course, that rationale is beyond ridiculousness, especially in 2020, when 33 states have legalized cannabis in some form, including 11 for recreational sales. At least 207 million people live in these states, according to [www.politifact.com](http://www.politifact.com), with adults among them being "exposed" to cannabis on a daily basis.

While federal prohibition as a whole needs to end, the first priority needs to be allowing widespread research of real cannabis — not the stuff on Francis' farm — in federally licensed and funded institutions.

After all, there's a lot at stake.

For example, research set to be studied this month by a team at McLean Hospital found a link between cannabis use and diminished driving performance, even when the driver isn't actively stoned. The study, which monitored 45 people who identified as heavy cannabis users on a driving simulator, found they hit more pedestrians, missed more stop signs and red lights, veered out of their lane more often and drove faster than their non-imbibing counterparts, even when they hadn't used cannabis for at least 12 hours. (They also found the worst of the imbibing drivers were cannabis users who'd begun imbibing heavily before the age of 16.)

For those of us who drive Humboldt County's roads daily and maybe have children we're petrified of watching turn into teenagers one day, for the love of God, end the madness and allow real, meaningful study of cannabis.

The truth is, lots of lives depend on it and some have already been lost.



*Thadeus Greenson is the Journal's news editor and prefers he/him pronouns. Reach him at 442-1400, extension 321, or [thad@northcoastjournal.com](mailto:thad@northcoastjournal.com). Follow him on Twitter @thadeusgreenson.*



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# Governor Proposes California Dive into Prescription Drug Business



A pharmacy tech fills prescriptions at La Clinica in Oakland on Sept. 26, 2019.

Photo by Anne Wernikoff for CalMatters

In a bold strategy to drive down prescription drug prices, Gov. Gavin Newsom is proposing that California become the first state in the nation to establish its own generic drug label, making those medications available at an affordable price to the state's 40 million residents.

The proposal, part of the new state budget Newsom sent to the Legislature on Jan. 10, would authorize the state to negotiate contracts with drugmakers to manufacture selected prescriptions on behalf of California. Such a disruption of the pharmaceutical industry, proponents say, would leverage the state's massive market to increase competition and lower generic drug prices nationally.

The strategy is one of several the Democratic governor's plans aimed to lower the cost of healthcare for Californians. The administration indicated the proposal is part of a multi-prong effort that includes strengthening the state's public option for health insurance and increasing drug pricing transparency.

Newsom will also continue last year's push to establish a single market for drug pricing, direct the state to ask for more rebates from drug manufacturers and open a new healthcare affordability office sometime this spring.

"The cost of healthcare is just too damn high, and California is fighting back," Newsom said in a statement. "These nation-leading reforms seek to put consumers back in the driver seat and lower healthcare costs for every Californian."

Drug costs have become a persistent and increasing worry, both nationally and in California. Six in 10 Americans take a prescription and 79 percent say the cost is unreasonable, according to a recent survey by Kaiser Family Foundation.

And prices can affect whether people take their pills. The same Kaiser survey found three in 10 Americans reported not

taking their medicine as prescribed due to the cost of the prescription.

Governmentally, healthcare also consumes a sizable portion of the state budget. California's Medicaid program for the poor, known as Medi-Cal, now tops \$100 billion a year in state and federal spending.

One way to contain costs is to encourage the use of generic drugs instead of brand name medications, whose prices are often elevated by patent protections — necessary, drug companies say, to underwrite the high financial risks of pharmaceutical research and innovation.

The price protections have their own risks, underscored in recent years by high-profile cases of price gouging. In 2015, for instance, Martin Shkreli made national headlines for hiking the price of the life-saving HIV drug Daraprim by 5,000 percent. And in 2017, state attorneys general in New Mexico and Washington opened investigations into whether Eli Lilly conspired with other companies to drive up the price of insulin, a drug that is nearly a century old.

But generic drug prices also have risen, state health officials say — faster than brand name ones in California. According to the Office of Statewide Health Planning and Development, from January of 2017 to June of 2019, generic drug prices increased 37.6 percent, while brand name drugs rose by 25.8 percent.

Those increases in recent years have prompted allegations of price-fixing in the generics industry and federal antitrust lawsuits. Last year, Newsom signed a first-in-the-nation bill deterring "pay-to-delay" agreements in which drug companies pay manufacturers of competing generics to delay the release of less expensive off-brand drugs.

"A trip to the doctor's office, pharmacy or hospital shouldn't cost a month's pay," Newsom said.

The notion of a government getting

into the business of manufacturing drugs is untested, though it has garnered attention among progressive politicians.

Massachusetts Sen. Elizabeth Warren, a Democratic presidential candidate, has proposed legislation to allow the federal government to manufacture prescription drugs when the market fails or prices become too high. Though Warren incorporated that proposal in her presidential platform, pharmaceutical companies have argued that government shouldn't be in the complex business of developing, manufacturing and distributing medicine, and free-market advocates have contended that the public sector shouldn't be competing with private companies.

Nor is it clear how substantial a dent a state-manufactured generic program would make in healthcare costs in California. Generic drugs make up 90 percent of all prescriptions but account for a fraction of drug spending because they're so much cheaper than brand-name prescriptions.

Brand-name drugs make up the remaining 10 percent but account for 70 percent of all drug spending, according to IQVIA Institute, a health data research firm. So while buying generic drugs can significantly reduce drug costs, Newsom's approach may not reduce the state's health spending that dramatically overall.

Generic drug makers said Jan. 8 that while Newsom's approach to create a state label is noble, it's the wrong strategy. Costs are being driven up by brand name drugs, they said, not generics, which, by their calculation, have saved Californians \$26 billion.

"If California enters the market itself," the Association for Accessible Medicines said in a statement, "it will face the same market dynamics that have led to generic prescription drug price deflation in the past three years, as well as certain cases

of patent abuse that have led to longer monopolies by select brand-name drugs."

Representatives for the broader pharmaceutical industry had no immediate comment, though political pushback would be expected. In 2016, drug companies spent more than \$100 million to stop a ballot measure that would have barred the state from paying more for prescription drugs than the U.S. Department of Veterans Affairs, which pays the nation's lowest prices. Consumer advocates, meanwhile, welcomed the idea.

"This is a potential game changer," said Anthony Wright, executive director of Health Access California, a statewide healthcare consumer advocacy coalition. "California has the capacity and the smarts and the scale to actually do it."

Wright said patient advocates have for years viewed this type of branding as a way to reduce healthcare costs and put the pharmaceutical industry on notice that California is paying attention. Peter Maybarduk, who directs the Global Access to Medicines Program at Public Citizen, a progressive, nonprofit consumer advocacy organization, agreed that California's powerful economies of scale make the proposal worth trying, even though the federal government's broad jurisdiction on drug laws might pose a challenge.

"It's much better than not doing it," he said. "[The state] can offer a very large market that is an inducement to offer better prices and it can offer this contracting system to both inspire new competition and help select the best offers." POSTED 01.15.20

— Judy Lin and Elizabeth Aguilera/CalMatters

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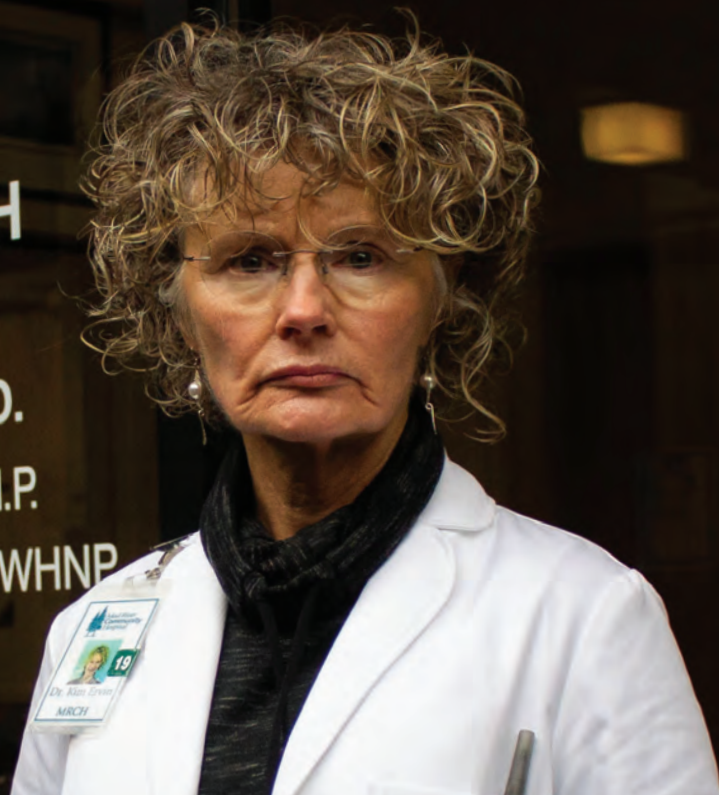


# The Whistleblower

Dr. Kim Ervin is leaving Mad River Community Hospital after raising a host of concerns

By Thadeus Greenson  
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Suite 7  
MAD RIVER  
WOMEN'S HEALTH  
KIM ERVIN, M.D.  
EMMA HACKETT, M.D.  
MARCIA BRENTA, R.N.P.  
AMY VAN LOON, CNM, WHNP



Kim Ervin, now of Open Door Community Health Centers, has worked as a local OBGYN for 30 years. Photo by Thomas Lal

**H**ere's a story that might help you understand Dr. Kim Ervin. Years before she would arrive in Humboldt County to start a decades-long career providing women with healthcare and delivering babies, she was working in a medical clinic at Frances E. Warren Air Force Base in Cheyenne, Wyoming. She was nine months pregnant but still on the job doing deliveries as one of two obstetricians at the clinic, which at that time was seeing 30 to 40 births a month.

"It's peacetime," Ervin says, explaining that the base is located where winters stretch nine months of the year and see 70 mph winds. "They're having babies out the wazoo."

So when Ervin went into labor one morning, she stayed at work. While laboring all day, she delivered other people's babies until her shift ended. "I came home, ate dinner, got my bag and went back," she recalls. "Two hours later, I had my baby."

But the story doesn't end there. About 24 hours postpartum, Ervin was settling in back at home when she got a call: Her fellow obstetrician — and patient — was now in labor. Ervin trudged back to the hospital to deliver the child.

"I had a nurse hold my baby," she says.

The anecdote says a lot about Ervin

and why — even 30 years later and 1,200 miles away — patients adore her. The story can also serve as a warning that people who underestimate Ervin do so at their own peril. She's never been one to shy away from a challenge, from the day when she was 8 or 9 years old and the family physician laughed at her when she said she wanted to become a doctor to last fall, when she raised concerns about the quality of patient care at Mad River Community Hospital even as she says administrators told her to stand down.

Ervin is one of four doctors to have left or announced they will leave Mad River Community Hospital in recent weeks, an exodus that is stoking concerns about the institution's future in a healthcare climate with little room for error, with the financial margins of rural medicine slimming, doctors in increasingly high demand and the median age for local physicians sitting at 57, according to the Humboldt-Del Norte Medical Society.

And while Ervin has reached an agreement to work at Open Door Community Health Centers, her departure from Mad River carried the very real possibility of her retirement, which would have left Humboldt County with the equivalent of just about six full-time OBGYNs, according to the Medical Society, which would have been a 40-percent decrease over the

past decade and less than half the 13 or 14 a community of this size needs, according to a study in the *New England Journal of Medicine*, which recommended one for every 10,000 residents.

"It's scary," Ervin said of the shortage of women's healthcare providers on the North Coast. "It's scary for this community."

**While it may not** have been obvious to those outside the healthcare industry, Ervin's arrival at Mad River in the spring of 2017 was a big deal. The hospital sent out a press release announcing the hiring of Ervin and two other providers that contained a quote from hospital CEO Doug Shaw praising them as "dynamic professionals" whose "expertise, insight and experience" would benefit the hospital.

"We are truly excited about having these distinguished members join the Mad River Healthcare Clinic system as we are certain they will add an important and necessary dimension to our team," Shaw said in the release.

In Ervin's case, she was bringing a lot more to the table than expertise. Ervin had run her own local practice since 1992, earning a reputation as a devoted and skilled physician and surgeon in medical circles and amassing thousands of patients. Not only that, she brought her own

furniture and equipment.

Sitting in the *Journal's* office on a recent overcast afternoon, Ervin takes a sip from her pink stainless steel water bottle, her short hair an explosion of blond curls, and explains that she was somewhat desperate to get out of her practice and had limited options. She wasn't ready to retire, she says, but her practice had also become unsustainable, so much so that for two years she'd been borrowing money from herself to pay her staff. While Ervin concedes she only started her own practice out of necessity and has never been much of an entrepreneur — "I was really good at being a doctor but not very good at being a business owner," she says — the problem was that the business side of the healthcare industry was changing around her.

Ervin says things started to go south for her practice in 2010, after President Barack Obama signed the Patient Protection and Affordable Care Act into law. One provision of the act made electronic medical records mandatory for all providers beginning in 2014. The idea — that digital versions of old paper charts would make it easier for patients to take their records from provider to provider or hospital to clinic — has plenty of merit but the roll out was rocky, especially for small practices.



As she's wont to do, Ervin got a jump on the new law and took out a \$60,000 loan in 2010 to purchase the software needed to digitize her practice's records. On top of that, she had to pay monthly fees for the data management service. In addition to the added expenses, Ervin says insurance companies were becoming harder and harder to deal with, reimbursement rates fell and margins tightened considerably. At one point, she says she had to let her office manager go because she couldn't afford the salary any more. That left Ervin to take on more administrative work, which meant she was working more than she wanted. It was untenable.

So Ervin says she looked to make a change and reached out to Open Door, Mad River and St. Joseph Hospital. Open Door administrators said they weren't interested in taking on specialists at that point, noting that primary care was the system's mandate. Ervin says St. Joseph, after asking her for years of financial records, including tax returns, made her a very nice contract offer complete with benefits. Meanwhile, Mad River, she says, dragged its feet and was noncommittal.

Ervin says the St. Joe's offer was very tempting but she couldn't come to terms with the idea of practicing in a hospital that, since a bishop's

direction in 2012, prohibited sterilization procedures and birth control counseling.

"As much as it was a nice offer with good benefits, I just felt like I would be betraying women, my patients and myself," she says.

So Ervin says she went back to Mad River and pressed the issue. Shaw hired her; she started in March of 2017. A few months later she was joined by Emma Hackett, an OBGYN fresh out of residency, and a short time later a family practice doctor and a midwife. For a time, things were good.

"We had a good working relationship, all four of us," she says.

Unfortunately, Ervin says, external forces would intercede.

"I really wanted us to fit into the system," she says. "I didn't want to come in there acting like some kind of big shot. About six months in, I went to the administration and asked, 'How are we doing? Are we billing correctly?' They didn't know. They didn't know how we were doing."

"About six months in, I went to the administration and asked, 'How are we doing? Are we billing correctly?' They didn't know. They didn't know how we were doing."

**While Ervin says** she now can point back to those unanswered questions as an ominous sign, her first real frustration came with staff turnover. Receptionists, nurses, medical assistants — she says the hospital had a terrible time retaining any of them.

The biggest issue, she says, is the hospital didn't pay a competitive wage. Ervin and others interviewed for this story say nurses at Mad River are paid more than \$10 less than their counterparts at St. Joe, who are unionized. The impact of this pay disparity, they say, is that Mad River serves as a training ground, repeatedly investing the time and resources to get a new nurse up to speed only to watch them leave to work elsewhere. This in turn leaves the hospital to rely heavily on traveling nurses, adding to the steady turnover of staff.

The turnover that frustrated Ervin was also apparent to her patients, several of whom told the *Journal* her practice changed after she made the switch to Mad River. The patients say they quickly came to miss the familiarity of her small practice.

The *Journal* reached out to Mad River Community Hospital spokesperson Vickie Sleight on Jan. 10 to request an interview with Shaw or someone else from the hospital's administration for this story. After initially indicating she'd be back in touch to coordinate, she then said she'd provide a statement from Shaw on Jan. 13. It showed up just before the *Journal's* Jan. 14 press deadline.

The statement is scathing, accusing Ervin of "unprofessional behavior" and taking "liberties with her contract and the truth."

"It is unfortunate that Dr. Kim Ervin has chosen, in complete disregard of her confidentiality obligations in her contract, to misrepresent and mislead the public about the hospital's commitment to high quality healthcare in our small community, which has been our guiding principle for over 50 years," it states.

For her part, Ervin says the real trouble began in late 2018, when she volunteered to become the hospital's chief of surgery, a role she took on in addition to her work in the women's clinic. Shortly after assuming the position, Ervin started to hear from hospital staff who were frus-

*Continued on page 19 »*

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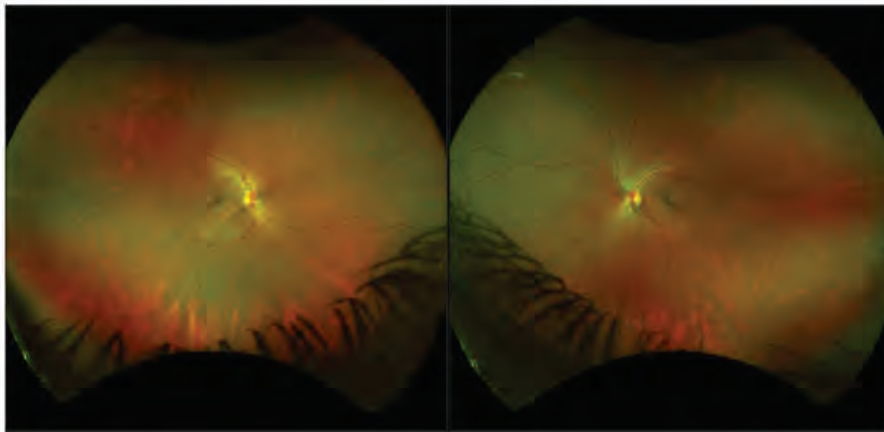
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trated with some surgeons' refusal to use the hospital's electronic medical records system.

"I didn't go to them," she says. "They came to me."

To be sure, Ervin says the system — CPSI — was a headache. When the hospital purchased the system some years back, she says administrators asked a handful of the hospital's most senior physicians which of three systems they preferred. Ervin says she was told the answer was unanimous: Not CPSI. Nonetheless, she says administrators chose CPSI, the cheapest option.

While some electronic records systems include prompts — essentially an artificial intelligence function that will suggest billing codes, procedures and follow up instructions when you type in a diagnosis — CPSI does not. It's clunky, she says, and more difficult to navigate than others.

But in Ervin's mind, that in no way made it OK for surgeons to simply refuse to use the thing, instead leaving nurses and other staff to decipher their handwritten notes and enter them into the system after the doctor had gone home or moved on to their next patient. That was inefficient and — she says — dangerous, leaving too much room for error. After all, she quips, have you ever tried reading a doctor's handwriting?

But it wasn't just the electronic side of things that was lacking in some cases. Ervin says some surgeons' handwritten notes were inadequate for today's reality in which insurance companies require every chargeable service to be documented in a patient's file. If a physician fails to justify a patient staying another night in their chart notes, the insurance company will refuse to cover the night, Ervin says.

"Sadly, it's a game you have to play with insurance companies," she says. "All these little things matter."

So Ervin says she took a stand and insisted the surgeons start using the electronic system, pointing out that Mad River has a stellar information technology department and someone at the ready to hold a provider's hand and walk them through using the system.

Initially, Ervin says hospital administration seemed pleased she was pressing the issue. But then Ervin says surgeons started going around her, complaining directly to Shaw and the medical chief of staff. She was told to stand down.

In February of 2019, things began deteriorating quickly. Mad River made news when it abruptly fired approximately a dozen employees, including medical assistants, office staff and nurses, almost all of them working in the hospital's clinics. In letters to the departing staff,

the hospital said it was going through a "major restructuring" and "eliminating certain redundancies and shifting various responsibilities." Among those let go were a medical assistant and a receptionist in Ervin's clinic.

**Ervin's path** to being a practicing physician in Humboldt County — much less a whistleblower at one of its two major hospitals — was in no way predictable.

The eldest of three siblings, Ervin bounced around through the Midwest with her family throughout her youth. Her father was a business man — a sales representative for Playtex, selling baby bottles, tampons, swim caps and bras in Ervin's younger years — and her mother stayed at home. The family followed her father's business opportunities, landing in New Jersey for Ervin's high school years when he was promoted to vice president.

At this point in life, Ervin says she didn't know what she wanted to do when she grew up. She was good at school — particularly math and science — but higher education wasn't something that was en-

couraged. In addition to being a girl, Ervin was petite, blond and objectively pretty. On the road to graduating at the top of her high school class, and with the urging of a teacher Ervin decided she wanted to go to college. Her parents pushed her to go to fashion design school instead. They finally struck a deal: Ervin would go to Rockhurst University near the family's home, then in Kansas City, but she would have to live at home and pay part of her own way.

At the university, Ervin says she excelled, especially in the sciences.

"Organic chemistry, calculus — those things always sort of made sense to me," she says.

But she also became increasingly isolated as she moved into upper division science courses for her pre-med major, saying by her junior and senior years, she was the only woman in her classes. By the time she graduated — again at the top of her class — Ervin had made up her mind that she was going to medical school and had been admitted to Georgetown University School of Medicine through an

early admission program. Her family was not entirely supportive.

"My mother was like, 'I don't think you're going to do this. I think they're going to eat you alive,'" she says.

Not wanting to ask her parents for money or work her way through medical school, Ervin signed up with the U.S. Air Force, which would cover all the costs of her school if she committed to serving four years after finishing her residency.

While one of only 24 women in her class, Ervin thrived at Georgetown, surrounded by smart, driven people in a nurturing, noncompetitive atmosphere. She married her first husband immediately after graduating in 1981 and the two set off for Keesler Air Force Base in Biloxi, Mississippi, where she started her OBGYN residency.

"They weren't necessarily real happy I was there," Ervin says, adding that she was the only woman in the residency program and that no one on the base seemed to know quite what to make of this "feminine, prissy" doctor who'd kept her maiden name. For two years, she says she endured an intensive campaign of hazing. She'd go to the fridge in the call room to find her male colleagues had taken her lunch or dinner, or simply eaten half of it and put it back. A hospital employee refused to stock rubber gloves for her small hand size. She'd often find her colleagues had peed all over the toilet seat in the call room bathroom and once she opened her locker to find it filled with dirty men's underwear.

When she was scheduled for her first surgery — a vaginal hysterectomy — she walked into the operating room to find it was an incredibly difficult case involving an obese patient.

"I'm thinking, 'These bastards. They want me to fail,'" she says.

But Ervin persevered and after a couple of years, more women entered the program, some of the more cantankerous male colleagues left and things improved. After completing the program in Biloxi, Ervin and her husband were stationed in Cheyenne, where Ervin headed a two-person OBGYN team. After completing her four years there — repaying her debt to the U.S. Air Force — Ervin and her husband were looking to relocate. And Bill Weideman kept calling.

Weideman had gotten to know the couple when he was in the OBGYN residency program in Biloxi — "He was one of the nice ones," Ervin says — and was looking to recruit Ervin to join his OBGYN practice in Eureka. He kept sending them stuff about the practice and the area, and

Continued on next page »



Kim Ervin walks by Shaw Medical Pavilion at Mad River Community Hospital on a rainy afternoon.  
Photo by Thomas Lal



finally they agreed to fly out to see the place.

"It looked awfully green and there's nothing green in Wyoming," Ervin says. "We got off the plane and it was like, 'OK. We're coming here.'"

So Ervin joined Weiderman's practice in 1989. Things went well for a couple of years but by 1991, the practice's older partner had largely stepped back and Ervin was working more hours than she wanted to. Then the Iraq War happened and Weiderman got called up — not to the front lines, but to Texas to backfill for another physician who'd been deployed — leaving Ervin as basically the only provider in a large practice that should have had four. For six months, she was on call almost constantly.

Eventually, they merged the practice with another local one, giving Ervin some relief, and Weiderman returned. Things improved for a spell but then Ervin says she and her partners began to worry that issues in Weiderman's personal life were interfering with his being a reliable partner in the practice. She says her new partners pushed her to intervene and address it with the doctor, but when she did he grew angry, telling her to mind her

own business. Frustrated, she informed the practice she was looking to leave and wanted to chart a months-long transition to make sure all her patients were accounted for.

"I got a note back from them saying, 'We want you out in a week,'" Ervin recalls, adding that her former partners insisted that she not take any of her patients' charts with her when she left.

On the advice of her attorney, Ervin went back into her office shortly before midnight on her last day and loaded a moving truck with the desks she'd purchased and her patients' charts. The following day, one of her former partners called the police, alleging she'd stolen from them.

"He was angry I had the balls to walk out on them," she says with a chuckle, adding that when officers showed up the following day and she explained what had happened — and that her former colleagues owed her money from the practice — the officers left. She recalls a conversation with her lawyer around that time in which she asked if she should sue to get her money back. "He said, 'Screw them. You succeed. That's how you rise above this,'" Ervin recalls.

While she ultimately would — things were bumpy at first. Ervin says her former partners spread rumors about her being lazy and incompetent, making it difficult for her to develop a solid reputation as a new female doctor in town. Then, a couple of years into her own practice, Ervin learned that her bookkeeper had been embezzling from her.

She'd had it. She and her husband put their house up for sale and started making plans to move to the East Coast. Then came the calls.

"I started getting phone calls from other local doctors," Ervin says. "They'd ask why I was leaving and I'd say, 'It's just been too much.' 'What are your patients going to do?' they'd ask. 'They'll find someone.' 'But nobody is as good as you,' they'd say."

Ervin pauses.

"That's the last time I ever thought about leaving," she says.

**After the layoffs** hit Mad River Community Hospital's clinics in February of 2019, Ervin says patient care suffered. Without adequate support staff to answer phones, arrange prescription refills and check in patients, she says her

and other providers' time was increasingly spent fulfilling functions other than seeing patients. They were combing through phone messages, helping patients fill out their paperwork and taking blood pressures.

She says the most frustrating aspect was that with just one receptionist, the clinic simply couldn't keep up with the volume of patient calls. Follow-up questions would go unanswered and some prescriptions weren't refilled. The problems weren't unique to Ervin's clinic, multiple people interviewed for this story confirm, and a small group of clinic providers banded together to meet with hospital administration to find a path forward. The effort wasn't successful.

Ervin and Hackett were so unnerved by the inability of the clinic to field patient messages and respond to them in a timely manner, both started giving out their cell phone numbers to all their patients so they could be contacted directly. It was unsustainable, she says.

Around the same time, Ervin says that in her role as chief of surgery she received a routine request to renew a local orthopedic surgeon's privileges to operate at the hospital. When she looked into it, she



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was alarmed to find the surgeon had been on probation with the California Medical Board since 2015. According to the board's accusation — which the surgeon admitted to — St. Joseph Hospital had suspended his privileges “due to a potential impairment impacting his clinical performance and decision making” and that a subsequent board evaluation found him to be “suffering from conditions that impair his ability to practice medicine safely.” As a part of his probation, the surgeon was to be monitored regularly, undergo psychotherapy and abstain from the use of controlled substances, including alcohol.

Looking into the matter, Ervin says she found other things in the surgeon's file, including numerous complaints from hospital staff that he'd been verbally abusive. She took the matter to chief of medical staff Bruce Barker and Shaw, suggesting the hospital should not renew the surgeon's privileges.

“I said, ‘Why wasn't this addressed? Why have we been enabling this behavior?’” she says. “The response I got was, ‘Why are you bugging me about this?’”

Ervin says she was again told to stand down, which left her worried for both

hospital staff and patients. She couldn't understand the administration's decision, though she did learn Barker's license is also on probation by the California Medical Board. In Barker's case, he pleaded guilty to a federal perjury charge stemming from a 2002 trial in which he lied under oath and was sentenced to six months in prison. The medical board suspended Barker's license for a year and then placed him on probation in 2009, a condition of which was his agreeing to check in daily as a part of a biological fluid testing program to see if he had to submit a sample. He failed to check in 17 times over a seven-month period, according to medical board documents, and also failed to comply with therapy requirements.

In his defense, the medical board received several letters from Barker's colleagues at Mad River, who raved about his skill, dedication, integrity and professionalism. The board ultimately found Barker

“I said, ‘Why wasn't this addressed? Why have we been enabling this behavior?’ ... The response I got was, ‘Why are you bugging me about this?’”

had made “tremendous strides towards rehabilitation under difficult circumstances and now provides a real service to his new community,” deciding to extend his probation rather than revoke his license.

In the face of the administration's lack of action with the orthopedic surgeon, Ervin says that in July of

2019 she reported him to the Humboldt Del-Norte Medical Society's Physician Well-being Committee, which exists to address issues of physician health. When she referred the surgeon, she sent a letter to hospital administration explaining why she was doing so. In response, Ervin says she got a cease and desist letter via certified mail.

Fed up, Ervin informed the hospital in September that she would look to leave in March unless she and the administration could figure out a viable path forward, particularly regarding clinic staffing levels. She got a letter back in October suggesting she'd given her 60-day notice

to void her contract.

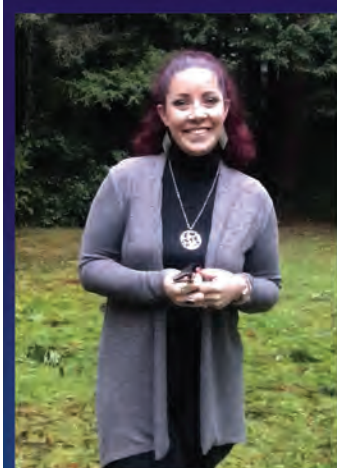
There was some back and forth about when her contract would officially end but when Ervin worked her last day in late December, she says the hospital took no steps to notify her patients of her departure or put a transition plan in place. Patients who called the clinic to make an appointment with her were simply told she no longer worked there.

The hospital's statement to the *Journal* regarding Ervin says that “as a result of a number of ongoing issues, including interpersonal issues with our fine staff (and) unprofessional behavior ... the hospital made a decision to accept her resignation.”

**At the time** of Ervin's departure from the hospital, she didn't know if she'd find another place to practice medicine. It was a painful period but she ultimately connected with Open Door Community Health Centers, which decided it would venture into the world of OBGYN care if it meant keeping her in practice.

Tory Star, Open Door's new CEO, says Mad River had contacted Open Door months back to ask it to come evaluate

*Continued on next page »*



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## NCJ ON THE COVER

Continued from previous page



Mad River Community Hospital has seen four physicians — Kim Ervin, Emma Hackett, Andrew Hooper and Marcelle Mahan — leave its ranks in recent weeks.

Photo by Zach Lathouris

its clinics to potentially do some management consulting or even consider taking them over. Open Door declined, Star says, explaining that its status as a federally qualified health center prohibits it from consulting.

But when Ervin later approached, Open Door began having direct conversations with her, Hackett and Andrew Hooper, a primary care physician, about joining them. While a few years ago Open Door had seen OBGYN care as specialized and a departure from the network's mandate to provide primary care, Star says that view has shifted.

"We really are primary care clinics and not designed to get into specialty work but women's health is part of our scope of service. OBGYN falls into primary care. It fits," he says, adding that the priority was keeping Ervin in practice. "She's well known for being a high-quality provider. She's been delivering excellent care for 30 years. I think we're primarily interested in trying to maintain incredibly valuable physicians in our community."

Star says the hope is that Open Door's new OBGYN clinic will be up and running in March out of the same suite Hackett

and Ervin occupied on the Mad River campus.

For her part, Ervin says she's elated to be able to continue helping her patients with Open Door, though she's a bit concerned about the transition. She says

she's been urging all of her and Hackett's patients to go to Mad River to request copies of their out-patient records, unsure how seamless the transition will be. She notes that Mad River has locked her out of the patient records systems even though she still retains surgical privileges at the hospital.

Looking back on her tenure at the hospital, Ervin says she stands by her decisions, saying they were always motivated by providing the best patient care possible.

"If there's something that needs to be said, I say it — people never have to wonder what I'm thinking," she says. "I can't play games. I am who I am." ●

*Thadeus Greenson is the Journal's news editor and prefers he/him pronouns. Reach him at 442-1400, extension 321, or thad@northcoastjournal.com. Follow him on Twitter @thadeusgreenson.*



# Looking Back, Moving Forward

Swiss chard with olive oil and lemon

By **Simona Carini**

onthetable@northcoastjournal.com

**A**s 2019 was drawing to a close, I saw reviews covering the last decade in terms of books, movies, music. I decided that, before writing something new, I would also look back and get a sense of the road traveled from March 1, 2007, when the first piece with my byline appeared on this space. Thanks to the *North Coast Journal* online archive, I realized that to date I have written 101 articles for this column. This little bit of accounting gave me a nice uplift as I moved forward into the new year. Considering that the vast majority of those articles contain a recipe, I have basically written a small cookbook in installments. That was my goal, though: I hope that among those 101 articles somewhere a snippet of inspiration fell from the page into someone's lap and made a difference in some way.

Before we move too far into the new year, I suggest you do something similar: Look back, consider the progress you have made in your life (the last decade, year, month — whatever makes you feel optimistic) and congratulate yourself. Then, fortified by a nice dose of positive energy, you are in a better place to make personal wellness plans for the near future.

For years my wellness plan has been to get fresh ingredients and prepare my meals, to eat a varied diet that's rich in vegetables and other whole ingredients,

and make cooking and eating joyful activities — emphasis on joyful.

In 2020, I once again plan to try new foods, invent new recipes and enrich my culinary experience as chances to do so present themselves. While well-rehearsed recipes are useful to bring dinner to the table in a timely manner every day, trying new flavors helps me steer clear of boredom.

When I write about food, my goal is to pique readers' curiosity about trying new ingredients or new ways of combining familiar ones. The majority of recipes I contributed to this column feature vegetables, which reflects my diet: I eat a large amount of vegetables, and my husband does, too.

The recipes also reflect my desire to move vegetables from a supportive role to a starring one. So avoiding boredom is particularly important when it comes to vegetables. If you go back to my columns, you will find help covering the vegetable alphabet from asparagus to zucchini.

Swiss chard is popular in our household: It is tasty, versatile, easy to prepare and available year-round. The recipe on this page (a rendition of a childhood favorite) is for a simple side dish that goes well with everything. Keep it in mind also when you have a lot going on in the kitchen, as you can cook the chard in advance and dress it at dinner time.

Happy New Year!



Fresh greens with a squeeze of fresh Meyer lemon for a fresh start.

Photo by Simona Carini

## Swiss Chard 'Olio e limone' (with Olive Oil and Lemon)

I like my chard lemony and I am partial to Meyer lemon. Follow your personal preference, taking into account that Meyer lemon is sweeter and less acidic than regular lemon.

Serves 2 as a side dish.

### Ingredients:

1 bunch of Swiss chard  
Fine sea salt, to taste  
1 tablespoon extra-virgin olive oil  
Juice of 1 Meyer lemon or regular lemon, freshly squeezed, to taste  
Toasted hemp hearts (shelled hemp seeds) optional

If the chard has long stems, trim them down to 2 inches long and use what you cut away in another recipe (for example, gratinéed as described in "Charmed by Chard," June 9, 2011).

Wash the chard and place it in a large skillet, leaves flat with some water still clinging to them. Add ¼ cup of water to the skillet. Cover and cook on medium-high heat for 2 minutes, then turn down to medium-low and cook for another 10 minutes, or until the stems are tender. Check after 5 to 6 minutes to ensure the skillet is not dry (if so, add some water).

Place the chard on a serving plate, sprinkle a small amount of sea salt on it and let cool to room temperature.

Cut the leaves into 2-inch-wide ribbons and the stems into 1-inch-long pieces.

Place the olive oil and lemon juice in a small jar, tighten the lid and shake it well. Distribute half of the vinaigrette on the chard and toss lightly. Serve with the remaining vinaigrette on the side.

My husband likes to sprinkle toasted hemp hearts on his portion.

●  
*Simona Carini also writes about her adventures in the kitchen on her blog [www.pulcetta.com](http://www.pulcetta.com). She prefers she/her pronouns.*




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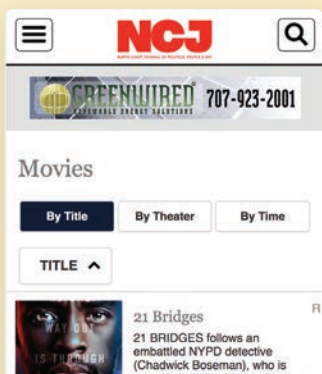
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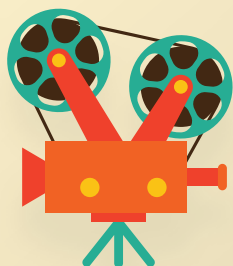
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## NCJ GET OUT

# Joyful Moving

By **Simona Carini**  
getout@northcoastjournal.com



A side benefit of a run in Patrick's Point State Park: a beautiful view and the photos to remember it.

*Photo by Simona Carini*

Every year, between the end of December and early January, I read a fair number of articles focused on health and wellness. My favorite this season was: “How to Be Healthy, in Just 48 Words” in *The New York Times* by Yoni Freedhoff, associate professor of family medicine at the University of Ottawa. The seven words devoted to exercise (the topic of interest in this column) made me applaud in delight: “Exercise as often as you can enjoy.” What I like about this piece of advice is that it puts “enjoy” with “exercise,” an important detail that is often overlooked when physical activity is mentioned. Later in the article, Freedhoff adds, “My exercise mantra is simple: Some is good, more is better, everything counts.” It’s an easily memorized refrain that provides a starting point for everyone.

You may wonder whether there is an agreed upon goal to guide us. The second edition of Physical Activity Guidelines for Americans, published in 2018 by the U.S. Department of Health and Human Services, recommends adults to engage in “at least 150 to 300 minutes a week of moderate-intensity, or 75 to 150 minutes of vigorous-intensity aerobic physical activity, or an equivalent combination” of the two. Moderate-intensity aerobic activities include brisk walking, water aerobics, ballroom or line dancing. Vigorous-intensity aerobic activities include running, swimming laps, aerobic dancing and jumping rope. In addition, adults need muscle-strengthening activity at least twice a week.

The document includes recommendations for children, adolescents, older adults and other groups. Besides the full guidelines, on the HHS website you can also find a list of the “Top 10 Things to Know” about them and an executive summary.

I know, the recommendations do not sound as much fun as “Exercise as often as you can enjoy,” but underneath the dry language of numbers and definitions, the messages converge: if you have a sedentary lifestyle, some amount of physical activity is better than none; if you are already active, more is better and here are some guiding parameters.

I like the idea of using time to gauge physical activity, because it sets us free to choose what to do, with a focus on doing what we enjoy. If you are unsure, try different things, possibly learn something new — a good piece of advice for everybody. Start small. Set a reasonable goal for yourself if it motivates you in a positive way. Just as importantly, surround yourself with people who inspire and support you. If you need the structure of a class to get you motivated, then sign up for a class. If you work inside all day, go for a walk on the beach or hit a trail in one of our parks.

About two years ago, I decided to start running more regularly. My favorite place to run is Patrick's Point State Park during the early morning. Besides providing physical benefits, my runs have inspired a few poems and countless photos. When I started running, I did not have racing in mind. But last Aug. 3, I ran the Sand Dollar Shuffle Run on Clam Beach organized by the Six Rivers Running Club. There is so much energy when people of all ages get together on a lovely summer morning to run on the beach for the sheer fun of it. Enjoyment came unexpectedly that day and has driven me to attend other local events.

I know what you are thinking: You're wondering whether I have a fitness tracker. For a long time I used an app on my smartphone to track my walks and runs. Less than a year ago, I purchased a device to get a sense of my heart rate changes during exercise and also of my sleep time. In practice, the piece of data I look at more often is the minutes of moderate and vigorous activity for the week, as per the guidelines mentioned earlier.

If you think tracking your physical activity will act as a motivator, then go for it. But, however you decide to exercise, remember to make your moving joyful.

●  
*Simona Carini posts photographs from her outdoor adventures on her Instagram @simonacarini. She prefers she/her pronouns.*



# Welcome to the Launch of MDVL

A Middle Ages-inspired wellness and lifestyle brand

By Jennifer Fumiko Cahill

jennifer@northcoastjournal.com

**H**ello and welcome! Thanks so much for joining me here in this muddy field for the launch of MDVL. I'm sure some of you rolled your eyes when you got our press release — another wellness site! And I'm the first to admit the industry is crowded to the point of collapse, with gurus and influencers repackaging everything from Ayurveda to Zen Buddhism into teas, supplements and home décor. Distracted by the spice and color of exotic cultures, we've lost touch with the wool-wrapped wisdom of our European ancestors.

Have you ever wondered why Gwyneth Paltrow is so keen on everyone tossing jade eggs into their vaginas? What's wrong with German granite or Italian marble? Bias, plain and simple, has blinded us to the invaluable holistic teachings of the Middle Ages, millennia-old practices that kept the mind, body and loosely identified humours in balance from 476 A.D. to the late 1400s. MDVL taps into what may well be the last unmonetized health culture and translates it for our modern world.

Listen, a year ago, I did not think I'd be standing here today. I'd caught what my doctor dismissed as “a bad cold.” My partner joked that it was “like the plague.” It was like a light went on — not a regular light, though, a very creepy and dramatic flickering torch that smelled like burning gym clothes.

So I began my research, a journey of several clicks, into how my symptoms would have been treated in the so-called Dark Ages. Inspired, I stopped bathing, drank unpasteurized milk, bled myself until I hallucinated and binge-watched *Game of Thrones*. (I now know that last one wasn't historically accurate but it was mostly to set the mood, and please keep in mind that I'd lost a lot of blood.)

But friends, after hovering near death for weeks, I survived. I am living proof that the long-forgotten curatives of our European ancestors won't always kill you. And now it's my mission — nay, crusade! — to

share that knowledge with the world via high-end products, licensing agreements and multi-level marketing partnerships.

Forget chakras. Forget yin and yang. Honestly, forget handwashing. MDVL will help you understand wellness through balance of the four elements — earth, air, fire and water — as well as the four bodily humours — blood, phlegm, yellow bile and black bile. Just like with neti pots and candling, the grossness is how you know it works. These vital elements and humours can be managed with bloodletting during the proper phase of the moon or, in more persistent cases, a little skull drilling to release troublesome demons. (You'll be happy to know official MDVL artisanal skull drills come in both blacksmith iron and rose gold.)

It's a steep learning curve but we've broken it down into a series of illuminated manuscripts with calligraphy that doesn't even look like English and illustrations of people having weird interactions with animals in our *Olde-School Guide to Hygiene and Disease Prevention*. In it you'll find the regime of self-care under which the Black Death only killed a slim third of Europe. Let's see your smug anti-vax cousin try to one-up you on Instagram now.

Maybe you're already into astrology and well versed in the influence different signs have over parts of the body, like Scorpio and the genitals or Virgo and the stomach. But does the person doing your chart believe the Earth travels around the sun? MDVL's approach to interpreting the stars for health and happiness is pre-Copernican, flat-earth and down to excommunicate or publicly burn heretical astronomers.

MDVL, of course, draws on ancient European herbology practiced by creepy old crones in the woods, but it goes even further. Along with the teas and tinctures available from our online apothecary, you'll be able to find sought after barber surgeons, send in urine samples for MDVL's experts to analyze by holding it up to the

light and even order home leeching kits. Speaking of which, those are live leeches in your goat bladder goodie bags, so carry them carefully!

If you're anything like I was, your whole diet needs an overhaul. Good news! Not only does a Middle Ages eating plan include carbs (bread! freaky pies with whole feathered birds bursting out of them!) but its balance of dried fruits, salted meats and a smattering of pickled vegetables can help you reach the period's 31.3-year life expectancy (which is honestly a little skewed by infant mortality and feels much longer with the diet's attending gastrointestinal issues). MDVL has the latest/earliest on ditching refrigeration and masking the resulting spoiled food with sauces and spices in our *Pottage & Whey* newsletter.

Blurring the line between medicine and cosmetics is very Middle Ages and an important part of the MDVL lifestyle brand. That's why we've made sure you can find lead-based makeup to match any skin tone as long as it's white, as well as high quality mercury for lightening dark spots. You'll also get expert advice on completely removing your eyebrows and the first

couple of inches of your hairline.

Finally, there will also be exclusive experiences, like a week-long “cloistering” in an unheated stone house with a thatched roof that feels like it's about to blow off every time the wind whips up the craggy cliff atop which it sits. You can join a pop-up pilgrimage, walking for weeks and months until your toes are driven up into the curling points of your handcrafted shoes and your burlap breeches have chafed your thighs raw. If you make it to the destination, be sure to shout a hearty “Hail!” I'll personally be waiting atop a VIP dais with our Landed Nobility investors, waving one of our bespoke embroidered handkerchiefs to the peasants below.

●  
Jennifer Fumiko Cahill is the arts and features editor at the Journal and prefers she/her. Reach her at 442-1400, extension 320, or jennifer@northcoastjournal.com. Follow her on Twitter @JFumikoCahill.

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<b>ARCATA THEATRE LOUNGE</b> 1036 G St. 822-1220		Monty Python & the Holy Grail (1978) (film) 8pm \$5	UFC Fights TBA	Indiana Jones & the Temple of Doom (1984) (film) 8pm \$5	[W] Big Dog Ent. presents Riff Raff: Cranberry Vampire Tour (rap) 8pm \$25, \$20 advance, \$80 VIP
<b>THE BASEMENT</b> 780 Seventh St., Arcata 826-2345	Synergy (guitar/vocals, electric flute) 8pm Free				
<b>BLONDIES FOOD AND DRINK</b> 420 E. California Ave., Arcata 822-3453	Open Mic 7pm Free			Jazz Jam 6pm Free	[W] Latin Dance Night 9pm
<b>BLUE LAKE CASINO WAVE LOUNGE</b> 777 Casino Way, Blue Lake 668-9770		Jimi Jeff and The Gypsy Band (Hendrix, prince, funk) 9pm Free	Tempest (Celtic rock) 9pm Free	Karaoke 8pm Free	
<b>CENTRAL STATION SPORTS BAR</b> 1631 Central Ave., McKinleyville 839-2013		Karaoke w/Rock Star 9pm Free			[W] Karaoke w/Rockstar 9pm Free
<b>CHER-AE HEIGHTS CASINO FIREWATER LOUNGE</b> 27 Scenic Drive, Trinidad 677-3611	Bailee Barnett (acoustic covers & originals) 9pm Free	Lone Star Junction (outlaw country) 9pm Free	DJ Chill Will (dance beats) 9pm Free		[W] Karaoke w/DJ Marv 8pm Free
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<b>FLDDBROOK MARKET</b> 4636 Fieldbrook Road 633-6097	Karaoke 5-8pm	The Lost Dogs (blues, R&B) 7:30pm Free			[T] Trivia Tuesday, 6-8pm [W] Cornhole tournament 6pm \$10 buy-in
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<b>LARRUPIN CAFE</b> 677-0230 1658 Patricks Point Dr., Trinidad		Blue Lotus Jazz 6-9pm Free		Tim Randles Jazz Piano 6-9pm Free	[W] Dogbone (jazz) 6pm Free
<b>LOGGER BAR</b> 668-5000 510 Railroad Ave., Blue Lake			Former Chimps (rock) 9pm Free		
<b>MAD RIVER BREWING CO.</b> 101 Taylor Way, Blue Lake 668-4151	The Compost Mountain Boys (bluegrass) 6pm Free	Cadillac Ranch (country rock) 6pm Free	The Jim Lahman Band (rock, jazz, blues) 6pm Free		[T] Dogbone (feral jazz)
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<b>NORTHTOWN COFFEE</b> 1603 G St., Arcata 633-6187		Open Mic 6pm Free	Three Chords And The Truth Songwriter Showcase 5-7pm Free	Two Mic Sundays (comedy) 5pm Free	[T] Spoken Word Open Mic 6pm Free
<b>OCEAN GROVE COCKTAIL LOUNGE</b> 480 Patrick's Point Dr., Trinidad 677-3543					[M] Rudelion DanceHall Monday 8pm \$5
<b>REDWOOD CURTAIN BREWING CO.</b> 550 South G St., Arcata 826-7224	MeadowMaker (exprimental shoegaze) 8pm Free		No Big Deal (acoustic band) 8pm Free		[M] Trivia Night 7pm
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<b>SIX RIVERS BREWERY</b> 1300 Central Ave., McKinleyville 839-7580				Trivia Night 8pm	[T] Sunny Brae Jazz Collective 7:30pm Free
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# Music & More

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Arcata and North on previous page

Eureka • Fernbridge • Ferndale • Fortuna • Garberville • Loleta • Redway

VENUE	THUR 1/16	FRI 1/17	SAT 1/18	SUN 1/19	M-T-W 1/20-22
<b>ARTS &amp; DRAFTS</b> 422 First St., Eureka 798-6329	Sip n Knit (potluck for knitters) 5:30-8:30pm	Pre-game Game Night Music TBA 5-10pm Free	Karaoke Hosted by KJ Jo 6-10pm		
<b>BEAR RIVER CASINO RESORT</b> 11 Bear Paws Way, Loleta 733-9644		DJ Statik 9pm Free	Uptown (funk, pop) 9pm Free		
<b>BRASS RAIL BAR &amp; GRILL</b> 3188 Redwood Dr., Redway 923-3188	Pool Tourney 8pm				[T] Karaoke 9pm [W] Open Mic/Jam session 7pm Free
<b>DOUBLE D STEAK &amp; SEAFOOD</b> 320 Main St., Fortuna 725-3700			Anna Hamilton (blues, humor) 6-9pm Free		
<b>GALLAGHER'S IRISH PUB</b> 139 Second St., Eureka 442-1177	Seabury Gould and Evan Morden (Irish/Celtic) 6pm Free	Michael Dayvid (acoustic) 6-9pm Free			
<b>GYPPO ALE MILL</b> 986-7700 1661 Upper Pacific Dr., Shelter Cove					[M] Pints 4 Nonprofits - Australia Wildlife Rescue Organization 3-6pm
<b>THE HISTORIC EAGLE HOUSE</b> 444-3344 139 Second St., Eureka		Ballroom: The Undercovers (covers) 8pm TBA			
<b>MADRONE BRICK FIRE PIZZA AND TAPHOUSE</b> 421 Third St., Eureka 273-5129					[W] Trivia 6pm
<b>NORTH OF FOURTH</b> 207 Third St., Eureka 798-6303		Sansfú (acoustic) 8pm Free			
<b>OLD TOWN COFFEE &amp; CHOC.</b> 211 F St., Eureka 445-8600	Open Mic w/Mike 6:30pm	Friday Night Improv Show 7pm Free			[M] Improv Show 6pm Free
<b>PALM LOUNGE - EUREKA INN,</b> 518 Seventh St., Eureka 497-6093	Cocktail Piano 6-8pm Free The Color of Jazz 8-11pm Free	Cocktail Piano 6-8pm Free	Cocktail Piano 6-8pm Free,		[T] Buddy Reed (solo blues) 7:30-10pm Free [W] Cocktail Piano 6-8pm Free
<b>PEARL LOUNGE</b> 507 Second St., Eureka 444-2017		DJ D'Vinity (hip-hop, dance remixes, trap) 10pm Free	DJ Statik (Hip-hop, trap) 10pm Free		
<b>PHATSY KLINE'S PARLOR LOUNGE</b> 139 Second St., Eureka 444-3344	Laidback Lounge feat. Marjo Lak 8:30pm Free	Holus Bolus (One-Man-Psychedelic-Acousti-loop) 6-8pm			[M] Open Mic Hosted By Chris Parreira 7pm [T] Justin Time Band (funk) 7pm Free [W] Damon Cooper (blues/soul) 6pm Free



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Rob Diggins and RLA play Westhaven Center for the Arts on Friday, Jan. 17 at 7 p.m. (\$5-\$20 sliding scale).

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VENUE	THUR 1/16	FRI 1/17	SAT 1/18	SUN 1/19	M-T-W 1/20-22
<b>SAVAGE HENRY COMEDY CLUB</b> 415 Fifth St., Eureka 845-8864	Comedy Sing Along w/Jessica Grant 9pm Free	That's What He Said! (replacing Butch Escobar show) 9pm Free	Ghost Roast (replacing Butch Escobar show) 9pm Free	Two Mic Sundays 9pm Free	[M] Monday Night Pod 7-11pm Free [W] Trivia 9pm \$5
<b>THE SIREN'S SONG TAVERN</b> 325 Second St., Eureka 442-8778	Dawn Ray'd, Ragana, Nan Elmoth, Dullahan (metal) 7pm \$10	Buddy Reed and the Rip it Ups (blues) 8pm TBA			
<b>THE SPEAKEASY</b> 411 Opera Alley, Eureka 444-2244		Live Jazz and Blues 9pm Free	Jenni & David and the Sweet Soul Band (funk, soul and blues) 9pm Free		[T] Opera Alley Cats 7:30pm Free [W] Buddy Reed and the Rip it Ups (blues) 7:30pm Free
<b>STONE JUNCTION BAR</b> 923-2562 744 Redway Dr., Garberville	Upstate Thursdays 10pm				[M] Pool Tournament 8:30pm \$10 buy-in
<b>VICTORIAN INN RESTAURANT</b> 400 Ocean Ave., Ferndale 786-4950		Jeffrey Smoller (solo guitar) 6pm Free			
<b>VISTA DEL MAR</b> 443-3770 91 Commercial St., Eureka					[T] Blues Tuesdays 7pm Free [W] Karaoke Nights 9pm Free

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We're looking for the best kept food secrets in Humboldt.

Email your tip (*Is it a burger? A cookie? A fried pickle?*) and we'll check it out for the What's Good blog.

Email [jennifer@northcoastjournal.com](mailto:jennifer@northcoastjournal.com)

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## NCJ SETLIST

# Subdivisions

By Collin Yeo

music@northcoastjournal.com

The new year claimed its first rock star death last week and it was a doozy. Neil Peart was probably the most uniquely influential drummer for the last four decades and his work in the band Rush is timeless and inspirational. The extremely private star's death from a brain tumor was jarring to his legion of fans and as I write this, he is still being eulogized in many rock and heavy metal circles. I have always been more of a fan of Rush's 1980s output, as I prefer prog rock when it abandons the spaceships and dragon-haunted castles, and instead inhabits the far-flung, anodyne suburbs of modern isolation. Rush was an old band when I was young and one of the tough things about loving older music is that you are forced to watch your heroes and old standbys age and die.

This is also true of intergenerational friendships, a fact that was brought home to me over the weekend as I watched a friend of mine in his 70s receive his last rites and never wake up again, going out sometime in the deep hours of the early morning. My friend loved opera and devotional music, and I will always hold close to my heart the memory of playing the divine music of Palestrina on my phone in the ICU for him while he smiled and the machines beeped and ministered their attention to his bodily needs.

I'm not sad; our friendship was many times over worth the grief, just as Rush's music is larger than the sadness of mourning its fallen drum master. We all die and it is so much better that we spend time caring about each other in the meantime. I say this a lot but I absolutely mean it every time: Take care of each other. Make unusual friends and go out of your way to be with people who you care about.

You will live a good life this way.

## Thursday

Siren's Song has all of your metal needs taken care of tonight with an all-ages show at 7 p.m. (\$10). The British anti-fascist black metal band **Dawn Ray'd** leads the pack, with Oakland's **Ragana** also filling up the road crew category. Local support comes courtesy of **Dullahan** and **Nan Elmoth**.

## Friday

DJs **Red** and **Dacin** are presenting a proper '80s night dance-off at the Miniplex tonight at 10 p.m. For only a two-drink minimum, you can come and bop, bop, bop til you drop to this Neon Dreams-themed evening of innocent and earnest tunes from,

let's face it, the greatest decade of music in the last century.

## Saturday

There's a good rock show a-brewing at the Logger Bar tonight at 9 p.m. One-man band, bass guitarist and Eureka punk laureate Dave, aka **The Bored Again**, opens up the night's fun. Later on Humboldt County rock supergroup **Former Chimps** will have the floor and hold down the fort for all of the assembled tune-munchers. Strings + electric current + speakers + drum skins. What could go wrong? Oh, and like all of the shindigs at this great venue, this show is free.

## Sunday

**Sweet Honey in the Rock** has been making music for more than four decades. What sort of music? Imagine an ark floating on the oceans of turmoil piloted by an all-female ensemble of singers whose sole job is to preserve the best elements of gospel, blues, jazz and African American spiritual music with a supernatural covenant with the Master of the Universe. That sort of music. Tonight the group plays the Van Duzer Theatre at 7 p.m., an appropriate end to the seventh day of rest (\$66).

## Monday (Martin Luther King Jr. Day)

"There are 40 million poor people here and one day we must ask the question, 'Why are there 40 million poor people in America?' And when you begin to ask that question, you are raising a question about the economic system, about a broader distribution of wealth. When you ask that question, you begin to question the capitalistic economy. And I'm simply saying that more and more, we've got to begin to ask questions about the whole society. We are called upon to help the discouraged beggars in life's marketplace. But one day we must come to see that an edifice which produces beggars needs restructuring. It means that questions must be raised. And you see, my friends, when you deal with this you begin to ask the question, 'Who owns the oil?' You begin to ask the question, 'Who owns the iron ore?' You begin to ask the question, 'Why is it that people have to pay water bills in a world that's two-thirds water?' These



Sweet Honey in the Rock plays the Van Duzer Theatre at 7 p.m. on Sunday, Jan. 19.

Photo by Howard T. Cash, courtesy of the artists

are words that must be said."

— from Martin Luther King Jr.'s speech at the Southern Christian Leadership Conference Convention, Atlanta, Georgia, Aug. 16, 1967

## Tuesday

The Miniplex is hosting a special **Karaoke en Español** for everyone who wants to try their hand at an evening of Spanish language singing. Sadly, I don't speak that lovely language but I feel like "La Bamba" wouldn't be entirely outside of my abilities, as I learned the song by rote repetition on guitar when I was around 14, after watching Lou Diamond Phillips kill it as Richie Valens in the film of the same name. Anyway, I'm certain that our very talented pool of local singers will put my gringo aspirations to shame and then some at 9 p.m. (free).

## Wednesday

**The Wardens** are a trio of Canadian national park wardens stationed on the western range of the Rocky Mountains who sing sweet folk songs about their experiences overseeing the lonesome wilderness of our northern neighbor country. The songs are beautiful with plangent sounds and three-part harmonies that evoke the bare human experience in the vast and open wilds. Tonight at 7:30 p.m. they'll be stationed at the Arcata Playhouse, holding down inland watchtower tunes for those of us who are at remote posts in the lands of the heart (\$15, \$13 playhouse members, students, seniors, veterans).

Full show listings in the Journal's Music and More grid, the Calendar and online. Bands and promoters, send your gig info, preferably with a high-res photo or two, to music@northcoastjournal.com.

Collin Yeo prefers he/him pronouns and thinks that few things are better than walking across a big muddy field on a sunny day. He lives in Arcata, where that activity is often available.



# Calendar Jan. 16 – Jan. 23, 2020



Courtesy of Damon Goodman

My, what big teeth you have ... Lampreys do important work with those chompers. Learn more about the strange looking suckers at **FOAM's Lamprey Lecture on Friday, Jan. 17 at 7:30 p.m.** at the **Arcata Marsh and Wildlife Sanctuary Interpretive Center** (free, limited to the first 50 attendees). Damon Goodman of the U.S. Fish and Wildlife Service shares his knowledge of this ancient and fascinating fish.



Submitted

Scott Ward, Bradley Bischoff and Ray Schmidt, aka **The Wardens**, are a Banff National Park-based folk, roots and western trio who sing about the land they protect and love. Enjoy an evening of authentic mountain music accompanied by a slideshow of the Canadian Rockies with them on **Wednesday, Jan. 22 at 7:30 p.m.** at the **Arcata Playhouse** (\$15, \$13 Playhouse members/seniors/veterans).



Submitted

Providing a space for the Latinx community to explore culture expression and a platform on which to share it is pretty cool. Dell'Arte International is partnering with Centro del Pueblo to offer **free Spanish-speaking theater workshops** and Spanish-language performance during the 2020 Mad River Festival. The first of three workshops is **Jan. 23 from 6 to 8 p.m.** at **Jefferson Community Center**. Follow-up workshops are **Feb. 13, 6 to 8 p.m.** and **March 5, 6 to 8 p.m.**



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## Celebrating Dr. King

**Monday, Jan. 20 is Martin Luther King Jr. Day**, the national holiday to celebrate the life and legacy of the late civil rights leader known for his inspiring messages of justice, unity, brotherhood, resistance and hope, and the eloquence with which he shared those ideals.

In an address to Cornell College, Dr. King said, "I am convinced that men hate each other because they fear each other. They fear each other because they don't know each other and they don't know each other because they don't communicate with each other, and they don't communicate with each other because they are separated from each other." This Monday, bridge the divide one stranger at a time. Get to know your neighbors and people perhaps not like you, and spend some contemplative time with Dr. King's words, remembering him at these two local events.

First, the Eureka Branch of the NAACP hosts a **Celebration of the Life and Legacy of Dr. Martin Luther King, Jr.** from **noon to 2 p.m.** at the **Adorni Recreation Center** (free). This year's theme is "Service in Our Community: Past, Present and Future," and the celebration features music and speakers. Later, share warm food, uplifting music and engaging storytelling at the **20th annual Bowl of Beans Benefit** from **5 to 8 p.m.** at **Arcata Community Center** (\$8, \$6 youth/seniors). Arcata High Culinary Arts students will be serving up a hearty meal of beans, rice, cornbread and salad while the Arcata Interfaith Gospel Choir and Asha Nan provide rousing and energetic music. The gathering also features a special performance by storyteller **Baba Jamal Koram**. All proceeds from the event benefit the Arcata Recreation Youth Development Scholarship Fund for the Arts and Arcata Elementary School's arts program.

Both events seem like a perfect way to honor the man who said in his Nobel Peace Prize acceptance speech: "I have the audacity to believe that peoples everywhere can have three meals a day for their bodies, education and culture for their minds, and dignity, equality and freedom for their spirits."

— Kali Cozyris

## 16 Thursday

### ART

**2020 New Year Exhibition.** Noon-5 p.m. Redwood Art Association Gallery, 603 F St., Eureka. Work by RAA members judged by Tim Clewell, fine art teacher at Arcata High School. Free. [info@redwoodart.us](mailto:info@redwoodart.us). [www.redwoodart.us](http://www.redwoodart.us). 268-0755.

**Figure Drawing Group.** 7-9 p.m. Cheri Blackerby Gallery, 272 C St., Eureka. Chip in for the live model and hone your artistic skills. Go into the courtyard on C Street to the room on the right. \$5. 442-0309.

**Healing Sketchbook Workshop.** Third Thursday of every month, 5-6 p.m. Outer Space, 1100 M St., Arcata. Conversations About Power holds a workshop focusing on mixed-media sketchbook techniques. All levels welcome. Bring sketchbook and art supplies. Some supplies available. Free, donations appreciated. [ConversationsAboutPower@gmail.com](mailto:ConversationsAboutPower@gmail.com). [www.conversationsaboutpower.com](http://www.conversationsaboutpower.com). 442-8413.

**Playing into Transformation.** 3-4:30 p.m. The Connection HPRC, 334 F St. (former Bank of America building), Eureka. Use the power of improv, somatic therapy, visualization and explorative games to fuel transformation. Free. [damionpanther@gmail.com](mailto:damionpanther@gmail.com). 497-9039.

### COMEDY

**Comedy Sing Song Roulette.** 9-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Comedy meets karaoke. Every third Thursday watch four comedians perform their sets, followed by a karaoke song chosen at random. Drop your name in a bucket for a chance to sing. Hosted by Jessica Grant. Free. [Jessicatgrant@gmail.com](mailto:Jessicatgrant@gmail.com). [www.savagehenrymagazine.com](http://www.savagehenrymagazine.com).

### DANCE

**Redwood Fusion Partner Dance.** 7-10 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. Contemporary partner dance with an improvised, lead-follow approach. A 7 p.m. lesson, 8 p.m. dancing. \$5, first time free. [www.redwoodraks.com](http://www.redwoodraks.com).

### MUSIC

**Humboldt Ukulele Group.** Third Thursday of every month, 5:30 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. A casual gathering of strummers. Beginners welcome. \$3. [dsanderl@arcatanet.com](mailto:dsanderl@arcatanet.com). 839-2816.

### FOR KIDS

**Trinidad Library Toddler Storytime.** 10-11 a.m. Trinidad Library, 380 Janis Court. Stories with the little ones. Free. [trihuml@co.humboldt.ca.us](mailto:trihuml@co.humboldt.ca.us). 677-0227.

### SPORTS

**Mad River Steelhead Derby.** Locations throughout Humboldt County. Nonprofit Nor-Cal Guides and Sportsmen's Association runs a fishing derby through Feb. 29. Hatchery fish only. Anglers can sign up online or at RMI Outdoors and Bucksport Sporting Goods in Eureka. \$30 entry fee for NCGASA non-associate members, \$10 members. [www.ncgasa.org](http://www.ncgasa.org).

### ETC

**Katie's Krafters.** 9:30-11:30 a.m. Arcata Senior Dining Center, 321 Dr. Martin Luther King Jr. Parkway. New members welcome. Anyone with sewing or quilting experience or who wants to learn. Free.

**Standard Magic Tournament.** 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Put your deck to the test. \$5. [nugamesonline@gmail.com](mailto:nugamesonline@gmail.com). [www.nugamesonline.com](http://www.nugamesonline.com). 497-6358.

Continued on next page »



#1



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## NCJ CALENDAR

Continued from previous page

## 17 Friday

### ART

**2020 New Year Exhibition.** Noon-5 p.m. Redwood Art Association Gallery, 603 F St., Eureka. See Jan. 16 listing.

**Art Show and Reception.** 5-7 p.m. Bayside Books, 64 Sunny Brae Center. Reception for Cheryl Rau's *Serenity* show.

**Drop-in Volunteering.** 1-6 p.m. SCRAP Humboldt, 101 H St., Suite D, Arcata. Drop-in volunteering every Friday to help the creative reuse nonprofit. Free. volunteer@scraphumboldt.org. www.scraphumboldt.org. 822-2452.

### COMEDY

**Butch Escobar.** 9-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Escobar has performed his rants at San Jose Improv, Cobb's and the SF and Sacramento Punch Lines, and on tour with Bobby Lee, Joey Diaz and Last Comic Standing Felipe Esparza. \$10. www.savagehenrymagazine.com.

**Friday Night Improv Show.** 7-9:45 p.m. Old Town Coffee & Chocolates, 211 F St., Eureka. Watch or play fun improv games with audience suggestions. Clean comedy. All ages welcome. Free. damionpanther@gmail.com. www.oldtowncoffeeyureka.com. 497-9039.

### DANCE

**World Dance.** 7:30 p.m. St. Alban's Episcopal Church, 1675 Chester Ave., Arcata. Humboldt Folk Dancers sponsor teaching and easy dances, 7:30-8:30 p.m.; request dancing, 8:30-10 p.m. \$3. eurmac@suddenlink.net. www.stalbansarcata.org.

### LECTURE

**Lamprey Lecture.** 7:30 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Damon Goodman of the U.S. Fish & Wildlife Service presents *The Biology & Conservation of Native Lampreys*. This talk will explore the biology of lampreys, examine problems they face and discuss efforts that are underway to conserve them. Seating is limited to the first 50 attendees. Free. 826-2359.

### MOVIES

**Monty Python & the Holy Grail (1978).** 8 p.m. Arcata Theatre Lounge, 1036 G St. A comedic send-up of the grim circumstances of the Middle Ages. \$5. www.arcatatheatre.com.

### MUSIC

**Bird Goes to 52nd St.** 7-9 p.m. Westhaven Center for the Arts, 501 S. Westhaven Drive. Violinist Rob Diggins joins RLA for chamber jazz with his self-made five-string synth-violin and five-string electric violin, as well as an acoustic violin. Refreshments available. Doors at 6:30 p.m. \$5-20 sliding scale. 834-2479.

### THEATER

**Life Is A Dream.** 8-11 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. A prophecy, a prince chained in a tower and a case of mistaken identity set the scene for this classic Spanish masterpiece. \$18/\$16 students/seniors. northcoastrepertory@gmail.com. www.ncrt.net.

### FOR KIDS

**Baby Read & Grow.** Third Friday of every month, 11-11:45 a.m. Humboldt County Library, 1313 Third St., Eureka. Babies and their families are invited to share songs, finger plays and short stories at this early literacy event. Free. jlancaster@co.humboldt.ca.us. www.humlib.org. 269-1910.

## SPORTS

**Mad River Steelhead Derby.** Locations throughout Humboldt County. See Jan. 16 listing.

## ETC

**A Call to Yarns.** Noon-1 p.m. Arcata Library, 500 Seventh St. Knit. Chat. Relax. Free. sparsons@co.humboldt.ca.us. 822-5954.

**Solidarity Fridays.** 5-6 p.m. Humboldt County Courthouse, 825 Fifth St., Eureka. Join Veterans for Peace and the North Coast People's Alliance for a peaceful protest on the courthouse lawn. www.northcoastpeoplesalliance.org.

## 18 Saturday

### ART

**2020 New Year Exhibition.** Noon-5 p.m. Redwood Art Association Gallery, 603 F St., Eureka. See Jan. 16 listing.

### COMEDY

**Brandie Posey.** 9-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. The stand up comedian, writer and producer has opened for Kyle Kinane, Maria Bamford and the legendary punk band Against Me! Brandie has appeared on MTV, E! and Comedy Central. \$10. www.savagehenrymagazine.com.

**Butch Escobar.** 9-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Escobar has performed his rants at San Jose Improv, Cobb's and the SF and Sacramento Punch Lines, and on tour with Bobby Lee, Joey Diaz and Last Comic Standing Felipe Esparza. \$10. www.savagehenrymagazine.com.

### LECTURE

**Fort Humboldt Historic Tour.** 11 a.m.-noon. Fort Humboldt State Historic Park, 3431 Fort Ave., Eureka. An easy, 45-minute stroll with a story of hope, struggle and future presidents. Explore the historic buildings and enjoy views of the Humboldt Bay. Meet at the small flag pole at the north end of the parking lot. Free. ryan.spencer@parks.ca.gov. 445-6568.

**Humboldt County Historical Society Program.** 1 p.m. Redway Elementary, 344 Humboldt Ave. Local historian and archivist Jim Garrison presents *Humboldt's Lost Treasures*, about the losing, selling and/or demolishing of historic resources, and some we might still save. Free.

### THEATER

**Humboldt Mediation Services Fundraiser at NCRT - Life is a Dream.** 8 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. Benefit performance of Pedro Calderon de la Barca's play to support mediation services and training in our community. \$20. humboldtmediationservices.org. 445-2505.

**Life Is A Dream.** 8-11 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. See Jan. 17 listing.

### FOR KIDS

**Nature Story Time.** 2-3 p.m. Humboldt Coastal Nature Center, 220 Stamps Lane, Manila. Join Friends of the Dunes naturalist Daisy Ambriz for a simple craft project, props and fun movement activities focused on local wildlife. Free. info@friendsofthedunes.org. www.friendsofthedunes.org. 444-1397.

**PAWS to Read.** Third Saturday of every month, 11:30 a.m.-12:30 p.m. Humboldt County Library, 1313 Third St., Eureka. Join Rufus, a licensed therapy dog and his human Jean Ann to read or tell stories. Stop by the desk in the children's room to complete the permission form. Sign up as much as a week in advance. Free. www.humlib.



org. 269-1910.

**Storytime and Crafts.** 11:30 a.m. Blue Lake Library, 111 Greenwood Ave. Followed by crafts at noon. Now with a Spanish and English story every first and third Saturday. Free. blkhuml@co.Humboldt.ca.us. 668-4207.

**Virtual Reality at the McKinleyville Library.** Third Saturday of every month, 2-5 p.m. McKinleyville Library, 1606 Pickett Road. Drop in to try out virtual reality as part of the California Virtual Reality Experience, bringing this new technology to communities that might otherwise not have it.

## FOOD

**Arcata Plaza Winter Farmers Market.** 10 a.m.-2 p.m. Arcata Plaza, Ninth and G streets. Fresh GMO-free foods direct from the farmers. Fruits and vegetables, humanely raised meats, pastured eggs, artisanal body products, plants, hot food stands and more.

**Breakfast and Flea Market.** Third Saturday of every month, 8:30 a.m. Dow's Prairie Grange Hall, 3995 Dow's Prairie Road, McKinleyville. Enjoy pancakes, eggs and browsing knickknacks. Flea market ends at 3 p.m. \$5, \$3 for kids, free for first responders. dowsgrange@gmail.com. www.dowsprairiegrange.org. 840-0100.

**Home Grown Pancake Breakfast.** Third Saturday of every month, 8-11 a.m. Mattole Grange, 36512 Mattole Road, Petrolia. All you can eat pancakes, organic oatmeal, organic eggs, sausage, coffee, milk and organic orange juice. \$10, Free for kids under 12. 629-3421.

## GARDEN

**Rose Pruning Demonstration.** 10 a.m. Shafer's Ace Hardware and Garden Center, 2760 E St., Eureka. The Humboldt Rose Society's rosarians, master rose growers, will explain and show how to correctly prune roses. Phoning the nursery ahead is appreciated so that adequate seating will be available.

## MEETINGS

**Photoshop User Group.** Third Saturday of every month, 10 a.m.-noon. Prosperity Center, 520 E St., Eureka. Adobe Photoshop or LightRoom beginners and power users gather to swap ideas and techniques. Informal lunch usually follows. Free. wrishel@gmail.com. www.eurekaphotoshop.com. (510) 410-3310.

## OUTDOORS

**Arcata Marsh Tour.** 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Meet leader Paul Johnson for a 90-minute walk focusing on plants, ecology and how to get better photos around the Marsh. Loaner binoculars available with photo ID. Free. 826-2359.

**Audubon Society Arcata Marsh Bird Walk.** 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Bring your binoculars and meet in the parking lot at the end of South I Street (Klopp Lake) in Arcata, rain or shine. Walk leader is Jude Power. Free. www.rras.org/calendar. 826-7031.

**Dune Ecosystem Restoration.** Every third Saturday, 9:30 a.m.-12:30 p.m. Humboldt Coastal Nature Center, 220 Stamps Lane, Manila. Help remove invasive plants to make room for native plant diversity. Tools, gloves and snacks provided. Please bring water and wear work clothes. Free. info@friendsofthedunes.org. www.friendsofthedunes.org/calendar. 444-1397.

## SPORTS

**Mad River Steelhead Derby.** Locations throughout Humboldt County. See Jan. 16 listing.

**UFC Fights.** Arcata Theatre Lounge, 1036 G St. Time TBA. See www.arcatatheatre.com for updates. Free w/ \$5 min.

food or beverage purchase. www.arcatatheatre.com.

## ETC

**Diabetes Self-Management Workshop.** 10 a.m.-12:30 p.m. Humboldt IPA, 2662 Harris St., Eureka. Learn about what your blood sugar is telling you, managing stress and difficult emotions, working with healthcare providers and your diet. 267-9606.

**Self-Defense Skills with Carrie Slack.** Noon-1 p.m. Humboldt County Library, 1313 Third St., Eureka. This series is designed to give you the tips, tricks, and skills to be safer in all aspects of your life. Free. www.humlib.org. 269-1905.

**Women's Peace Vigil.** Noon-1 p.m. County Courthouse, 825 Fifth St., Eureka. Dress in warm clothing and bring your own chair. No perfume, please. Free. 269-7044.

**Yu-Gi-Oh! Standard League.** 1-4 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your decks and claim your prizes. \$5. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

# 19 Sunday

## ART

**2020 New Year Exhibition.** Noon-5 p.m. Redwood Art Association Gallery, 603 F St., Eureka. See Jan. 16 listing.

## LECTURE

**Book Sharing of *The Good Hike* and Short Film: *Naneek*.** 1-3 p.m. Arcata Playhouse, 1251 Ninth St. Author and veteran Tim Keenan will share from his book about hiking the complete Appalachian Trail and combat-related PTSD. Followed by the short documentary film. Doors at 12:30 p.m. Refreshments. Free. butssushu@gmail.com.

## MOVIES

**Human Flow Documentary.** 5-8 p.m. Arcata Playhouse, 1251 Ninth St. TRUEntertainment presents *Human Flow* by director Ai Weiwei, examining the scale and impact of the refugee crisis. A benefit for CRIBS International supporting refugee families in Athens, Greece. \$10. sierraleash@gmail.com.

**Indiana Jones & the Temple of Doom (1984).** 6 p.m. Arcata Theatre Lounge, 1036 G St. Indy is back in this prequel to *Raiders of the Lost Ark*. \$5. www.arcatatheatre.com.

## MUSIC

**Bayside Community Hall Music Project.** 6-8 p.m. Bayside Community Hall, 2297 Jacoby Creek Road. Bandemonium, community activist street band. Bring wind instruments and drums. Free. gregg@relevantmusic.org. www.relevantmusic.org/Bayside. 499-8516.

**Sweet Honey In the Rock.** 7 p.m. Van Duzer Theatre, Humboldt State University, Arcata. Award-winning a cappella group celebrating the culture and history of African Americans and women. \$66.

**Wine and Jazz.** Third Sunday of every month, 3-5 p.m. Morris Graves Museum of Art, 636 F St., Eureka. Sip and listen. After every performance, audience members with instruments can jam with the band. Enjoy a glass of wine and an afternoon of jazz with Bill Allison and The Humboldt Jazz Silverbacks. \$5, \$2 students/seniors, free to HAC members and children 17 and under. alex@humboldtarts.org. www.humboldtarts.org. 442-0278.

## THEATER

**Life Is A Dream.** 2-5 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. See Jan. 17 listing.

*Continued on next page »*

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## NCJ CALENDAR

Continued from previous page

**FOR KIDS**

**Lego Club.** 12:30-2 p.m. Redwood Discovery Museum, 612 G St., Eureka. For ages 4 and up. Free w/museum admission. [www.discovery-museum.org](http://www.discovery-museum.org).

**FOOD**

**Food Not Bombs.** 4 p.m. Arcata Plaza, Ninth and G streets. Free, hot food for everyone. Mostly vegan and organic and always delicious. Free.

**Pancake Breakfast.** Third Sunday of every month, 8-11 a.m. Mattole Grange, 36512 Mattole Road, Petrolia. All the homemade pancakes you can eat, organic oatmeal, local fresh eggs and sausage, and more. \$8, \$3. evenson@igc.org. 629-3421.

**MEETINGS**

**Eureka Branch of the NAACP.** Third Sunday of every month, 4:30-6 p.m. Eureka Labor Temple, 840 E St. Meet the leadership team, get involved, learn about joining the local chapter. [www.eurekanaacp.org](http://www.eurekanaacp.org).

**OUTDOORS**

**Geology of Trinidad State Beach.** 2-4 p.m. Trinidad State Beach. Learn the stories rocks can tell on this TCLT guided low-tide walk led by Danny O'Shea, Humboldt State University geology and oceanography lecturer. Dress for the weather. Meet at the Memorial Light House across from Trinidad State Beach. Reservations required. [info@trinidadcoastallandtrust.org](mailto:info@trinidadcoastallandtrust.org). [www.trinidadcoastallandtrust.org](http://www.trinidadcoastallandtrust.org). 677-2501.

**SPORTS**

**Mad River Steelhead Derby.** Locations throughout Humboldt County. See Jan. 16 listing.

**ETC**

**Pokémon Trade and Play.** 3-5 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your cards to play or learn. Free. [nugamesonline@gmail.com](mailto:nugamesonline@gmail.com). [www.nugamesonline.com](http://www.nugamesonline.com). 497-6358.

## 20 Monday

**BOOKS**

**Writing Group.** 4-5:30 p.m. Old Town Coffee & Chocolates, 211 F St., Eureka. Authors and authors-to-be supporting one another weekly, from plotting to publication. RSVP by text or email. Free. [damionpanther@gmail.com](mailto:damionpanther@gmail.com). [www.oldtowncoffeecoffeeureka.com](http://www.oldtowncoffeecoffeeureka.com). 497-9039.

**COMEDY**

**Improv Show.** 6-7:45 p.m. Old Town Coffee & Choco-

lates, 211 F St., Eureka. Watch or play fun improv games. Audience suggestions taken for scenes, plays, films, songs and more. Clean comedy. All ages welcome. Free. [damionpanther@gmail.com](mailto:damionpanther@gmail.com). [www.oldtowncoffeecoffeeureka.com](http://www.oldtowncoffeecoffeeureka.com). 497-9039.

**Monday Night Pod.** 7-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Live recordings of podcasts on the Savage Henry Podcast Network. Usually two recordings 7 and 9 p.m. Free. [editor@savagehenrymagazine.com](mailto:editor@savagehenrymagazine.com). [www.savagehenrymagazine.com](http://www.savagehenrymagazine.com). 845-8864.

**DANCE**

**Baile Terapia.** 7-8 p.m. Jefferson Community Center, 1000 B St., Eureka. Paso a Paso hosts dance therapy. Free. [jorge.matas@stjoe.org](mailto:jorge.matas@stjoe.org). 441-4477.

**MUSIC**

**Humboldt Harmonaires.** 7-9:30 p.m. Eureka High School, 1915 J St. Sing four-part men's a cappella barber-shop harmony, no experience needed. All voice levels and ages welcome. In the EHS band room located in the rear with parking at Del Norte and J streets. Free. [srjoepapa@gmail.com](mailto:srjoepapa@gmail.com). 834-0909.

**EVENTS**

**Bowl of Beans Benefit.** 5-7 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. Celebrate Dr. Martin Luther King Jr. Day with your community. Enjoy a beans and rice dinner with performances to follow. \$6. [rec@cityofarcata.org](mailto:rec@cityofarcata.org); [hshmidt@cityofarcata.org](mailto:hshmidt@cityofarcata.org). [www.cityofarcata.org/rec](http://www.cityofarcata.org/rec). 822-7091.

**Celebration of the Life and Legacy of Dr. Martin Luther King, Jr.** Noon-2 p.m. Adorni Recreation Center, 1011 Waterfront Drive, Eureka. Eureka NAACP presents "Service in Our Community: Past, Present and Future." Sistah's Vegan food truck available after the event. [www.EurekaNAACP.org](http://www.EurekaNAACP.org).

**MEETINGS**

**Humboldt Bay Bicycle Commuters Association.** 6 p.m. Chapala Café, 201 Second St., Eureka. Scott Ellmore discusses bicycle-related plans within the city and answers questions. Suggest other agenda items by phone, email or at the meeting. [rkna755@suddenlink.net](mailto:rkna755@suddenlink.net). [www.chapalacafe.com](http://www.chapalacafe.com). 445-1097.

**Volunteer Orientation.** 2:30 p.m. Food for People, 307 W. 14th St., Eureka. Learn to pack and sort food, work with clients, collect donations and cook. [panderson@foodforpeople.org](mailto:panderson@foodforpeople.org).

**OUTDOORS**

**Manila Community Park Clean-up.** 10 a.m.-1 p.m. Ma-

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nila Bay Community Park, Peninsula Drive and Lupine. In honor of the Martin Luther King Jr. Day of Service, join Friends of the Dunes for a community clean-up of the Manila Community Park. Buckets, tools and gloves provided. Bring water and wear work clothes. Free. info@friendsofthedunes.org. www.friendsofthedunes.org. 444-1397.

## SPORTS

**Mad River Steelhead Derby.** Locations throughout Humboldt County. See Jan. 16 listing.

## 21 Tuesday

### COMEDY

**Trivia Tuesdays.** 9-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Teams of three. Three rounds. Real prizes. \$5 team entry fee. editor@savagehenrymagazine.com. www.savagehenrymagazine.com. 845-8864.

### DANCE

**Let's Dance.** 7-9:30 p.m. Humboldt Grange Hall, 5845 Humboldt Hill Road, Eureka. Live music. All ages. \$6. www.facebook.com/humboldt.grange. 725-5323.

### MOVIES

**Swashbucklers: The Prisoner of Zenda (1937).** 6:30 p.m. Humboldt County Library, 1313 Third St., Eureka. Based on the Book Film Series presents the adaptation of Anthony Hope's tale of a royal look-alike starring Douglas Fairbanks Jr. Hosted by *Journal* columnist Gabrielle Gopinath. Free. www.humlib.org.

### FOR KIDS

**Family Storytime.** 10:30-11 a.m. Fortuna Library, 753 14th St. A rotating group of storytellers entertain children ages 2-6 and parents at Fortuna Library. Free. www.humlib.org. 725-3460.

**First 5 Playgroup Fortuna.** 9:30-11:30 a.m. Gene Lucas Community Center, 3000 Newburg Road, Suite B, Fortuna. Free First 5 Playgroup, a place for family fun, resources and new friendships. Free. info@glccenter.org. www.glccenter.org. 725-3300.

### MEETINGS

**Humboldt Cribbers.** 6:15 p.m. Moose Lodge, 4328 Campton Road, Eureka. Humboldt Cribbage Club plays weekly. Seven games in summer and nine games during the season. \$8. grasshopper60@aol.com. 444-3161.

**Soroptimist of McKinleyville.** Third Tuesday of every month, 5:45 p.m. Luzmila's, McKinleyville, 1751 Central Ave. Monthly general meeting of a local volunteer organization working to improve the lives of women and girls. Free. aprilsousa13@gmail.com.

### SPORTS

**Mad River Steelhead Derby.** Locations throughout Humboldt County. See Jan. 16 listing.

### ETC

**Bingo.** 6 p.m. Moose Lodge, 4328 Campton Road, Eureka. Speed bingo, early and regular games. Doors open at 5 p.m. Games \$1-\$10.

**Board Game Night.** 6-9 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Choose from a variety of games or bring your own. All ages. Free. www.nugamesonline.com. 497-6358.

**Ferndale Cribbage.** 10 a.m. Our Savior's Lutheran Church, 425 Shaw Ave., Ferndale. Cards and pegs.

**Katie's Krafters.** 9:30-11:30 a.m. Arcata Senior Dining Center, 321 Dr. Martin Luther King Jr. Parkway. See Jan. 16 listing.

**Pokémon Trade and Play.** 3-6 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. See Jan. 19 listing.

## 22 Wednesday

### ART

**2020 New Year Exhibition.** Noon-5 p.m. Redwood Art Association Gallery, 603 F St., Eureka. See Jan. 16 listing.

### COMEDY

**Open Mikey.** 9-11:45 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Hosted by Nando Molina, Jessica Grant and Josh Barnes. Sign up early. For beginners and seasoned comics. Free. peter@savagehenrymagazine.com. www.savagehenrymagazine.com/events. 798-6333.

### MUSIC

**Big Dog Ent. presents Riff Raff: Cranberry Vampire Tour.** 8 p.m. Arcata Theatre Lounge, 1036 G St. Rap. \$25, \$20 advance, \$80 VIP. www.arcatatheatre.com.

**Sweet Harmony Women's Chorus.** 6-8 p.m. Arcata United Methodist Church, 1761 11th St. All-female barbershop-style chorus that sings a variety of music in four-part, a cappella harmonies. Accepting new members. Ability to read music not required. barber-shophumboldt@gmail.com. (802) 490-9455, 601-8219.

**The Wardens.** 7:30 p.m. Arcata Playhouse, 1251 Ninth St. Mountain music blending folk, roots and western styles. \$15, \$13 Playhouse members/seniors/veterans.

### FOR KIDS

**Family Literacy Night with Sean Powers.** 6:30 p.m. Fortuna Library, 753 14th St. This Humboldt County storyteller brings to life children's folktales using his extraordinary shadow puppets. Each child in attendance will receive a free book. Free. www.humlit.org. 445-3655.

### MEETINGS

**Health Care for All/Physicians for a National Health Program.** Fourth Wednesday of every month, 5-6 p.m. The Sanctuary, 1301 J St., Arcata. Learn about the benefits and cost savings of a single-payer healthcare system for California. Free. healthcareforallhumboldt@gmail.com. (805) 844-6655.

### SPORTS

**Mad River Steelhead Derby.** Locations throughout Humboldt County. See Jan. 16 listing.

### ETC

**Casual Magic.** 4-9 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your decks and connect with the local Magic community. Beginners welcome. Door prizes and drawings. \$5. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

**Digital Literacy Classes: PDF Essentials.** 5-6 p.m. Humboldt County Library, 1313 Third St., Eureka. Learn about PDF files. The class on Jan. 11 will introduce basics. The class on Jan. 22 will go over uses in the workplace, office and school, and how to view PDFs. Free. www.humlib.org. 269-1905.

**Family Night.** 4-7 p.m. Blood Bank, 2524 Harrison Ave, Eureka. The Blood Bank will make dinner and watch the kids while you donate. Free. recruit@nccbb.org. www.nccbb.org. 443-8004.

## 23 Thursday

### ART

**2020 New Year Exhibition.** Noon-5 p.m. Redwood Art

*Continued on next page »*

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## NCJ CALENDAR

Continued from previous page

Association Gallery, 603 F St., Eureka. See Jan. 16 listing.

**Figure Drawing Group.** 7-9 p.m. Cheri Blackerby Gallery, 272 C St., Eureka. See Jan. 16 listing.

**Playing into Transformation.** 3-4:30 p.m. The Connection HPRC, 334 F St. (former Bank of America building), Eureka. See Jan. 16 listing.

### DANCE

**Redwood Fusion Partner Dance.** 7-10 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. See Jan. 16 listing.

### THEATER

**Fun Home Preview.** 8 p.m. Ferndale Repertory Theatre, 447 Main St. When her father dies unexpectedly, graphic novelist Alison dives deep into her past to tell the story of the volatile, brilliant, one-of-a-kind man whose temperament and secrets defined her family and her life. Through Feb. 16. \$18, \$16 students (15-college) \$16 seniors (60+), \$10 youth (ages 3-14). [www.ferndalerep.org](http://www.ferndalerep.org).

**Talleres De Teatro Gratuitos/Free Theater Workshops.** 6-8 p.m. Jefferson Community Center, 1000 B St., Eureka. Dell'Arte and Centro del Pueblo partner to offer free theater workshops for the Latinx community to culminate in a Mad River Festival performance. Workshops and performance will be in Spanish. *El taller será totalmente práctico, vamos a jugar, pasarlo bien, y trabajar la expresión corporal, la voz, trabajar la improvisación, y concernos a través del teatro.* Free. [sayda@dellarte.com](mailto:sayda@dellarte.com).

### EVENTS

**NEC Open House Mixer.** 5-7 p.m. Northcoast Environmental Center, 415 I St., Arcata. Mingle with volunteers, staff, board members and supporters over refreshments. Winter vacation raffle. Please bring your own reusable dishware and cups. Carpooling and biking encouraged. Free. [chelsea@ournec.org](mailto:chelsea@ournec.org). [www.yournec.org/open-housemixer2020](http://www.yournec.org/open-housemixer2020). 822-6918.

### FOR KIDS

**Trinidad Lego Club.** Fourth Thursday of every month, 3-4:30 p.m. Trinidad Town Hall, 409 Trinity St. Calling all masterbuilders 5 and up. Meeting in the Trinidad Civic Club Room. Free. 496-6455.

**Trinidad Library Toddler Storytime.** 10-11 a.m. Trinidad Library, 380 Janis Court. See Jan. 16 listing.

### MEETINGS

**Toastmasters.** Fourth Thursday of every month, noon. Redwood Sciences Laboratory, 1700 Bayview St., Arcata. Give and receive feedback and learn to speak with confidence. Second and fourth Thursdays. Visitors welcome.

## SPORTS

**Mad River Steelhead Derby.** Locations throughout Humboldt County. See Jan. 16 listing.

## ETC

**Estate Planning Workshop.** 4-5:30 p.m. Hospice of Humboldt, 3327 Timber Fall Court, Eureka. Attorney Angela Petrusha presents a workshop covering Revocable Living Trusts, wills, Powers of Attorney, Advance Health Care Directives, Guardianship of Minor Children and more. Free. [www.petrushalaw.com](http://www.petrushalaw.com). 798-6030.

**Katie's Krafters.** 9:30-11:30 a.m. Arcata Senior Dining Center, 321 Dr. Martin Luther King Jr. Parkway. See Jan. 16 listing.

**Standard Magic Tournament.** 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. See Jan. 16 listing.

## Heads Up ...

**Hospice of Humboldt is looking for volunteers** to offer comfort and support to patients and their families, as well as help with office support, community outreach, thrift store staff and other contributions. Call 267-9813.

**The Humboldt Branch of Women's International League for Peace and Freedom** seeks applications from Humboldt County residents for its Edilith Eckart Memorial Peace Scholarship, for projects that promote peace and/or social justice, locally or globally. Grants range from \$150-\$500. Application is available at [www.wilphumboldt.wordpress.com](http://www.wilphumboldt.wordpress.com) and is due by 4 p.m. on April 1. Mail applications to WILPF at P.O. Box 867, Arcata, CA 95518 or email to [wilpf@humboldt1.com](mailto:wilpf@humboldt1.com). Call 822-5711 with questions.

**The McKinleyville Community Choir is seeking** new voices for its Spring season. All parts (soprano, alto, tenor and bass) are welcome. You don't need to reside in McKinleyville. Carpools available. Contact Clare Greene at (831) 419-3247 or e-mail [cgreene46@gmail.com](mailto:cgreene46@gmail.com).

**Soroptimist International of Humboldt Bay** has six monetary awards and/or scholarships available. Visit [www.soroptimistofhumboltdbay.org](http://www.soroptimistofhumboltdbay.org).

**Friends of the Arcata Marsh and the city of Arcata** seek welcome desk volunteers for weekends at the Marsh Interpretive Center. Shifts are four hours, from 9 a.m. to 1 p.m. or 1 p.m. to 5 p.m. Call 826-2359 or email [amic@cityofarcata.org](mailto:amic@cityofarcata.org).

**Faben Artist Fund now accepting applications.** Grant guidelines are posted at [www.humboldtarts.org](http://www.humboldtarts.org). Email [jemima@humboldtarts.org](mailto:jemima@humboldtarts.org) or 442-0278, extension 205.

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When someone asks, "Where's Wallace?" *Just Mercy*

# The Virtues of *Just Mercy*

By John J. Bennett

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## Reviews

**JUST MERCY.** While *Just Mercy*, the latest from director and co-writer Destin Daniel Crettin (*Short Term 12*, 2013; *The Glass Castle*, 2017), adapting Bryan Stevenson's memoir with Andrew Lanham, belongs in the Important column, it arrives without self-generated fanfare or grandstanding. It builds a case for its own significance with quietly confident style, heartfelt and often heartbreaking performances, and an adherence to truth, justice and kindness as essential tenets of the human experience.

In an age when the South has risen again — not the chronically underserved bulk of the populace therein, just its (perhaps unfairly) defining bigotry — it can be easy to condemn and dismiss the entire region. Especially from the vantage point of the Far Left Coast, it can too easily become homogenized, all white hate and ignorance. While there is some truth to that perspective, its willful solipsism only dehumanizes and distances us, further entrenching us in hopelessness.

*Just Mercy* does not shy from the notion that some situations are untenable and some lives are defined by the absence of hope, or that the machinery of law, if operated by people of bias or ulterior motivation, can and will be corrupted. But it posits that such wrongs can be righted.

In the early 1990s, fresh from Harvard Law School, Stevenson (Michael B. Jordan) packs his wheezing Toyota and leaves the family home in Delaware for rural Alabama, where he hopes to give voice to the voiceless. With the help of stalwart Eva Ansley (Brie Larson) and much to the chagrin of the community at large, he establishes the Equal Justice Institute, providing legal defense to the under-represented

(primarily death row inmates).

In his initial series of interviews, he meets Walter "Johnnie D" McMillian (Jamie Foxx), who was convicted some six years earlier for the gun murder of an 18-year-old girl. Despite a shocking lack of evidence, Johnnie D was essentially convicted before the trial began, having run afoul of the conniving, racist Sheriff Tate (Michael Harding) for carrying on a brief extramarital affair with a white woman.

Johnnie D is initially skeptical of Bryan's motives and ability, having burned through his family's savings paying another lawyer who accomplished nothing. Resigned to his fate, crushed under the weight of a monolithic (in)justice system, he is not wrong to assume he has no options. But Bryan, perhaps naively, fervently believes in the rule of law; having examined Johnnie D's case he cannot believe the miscarriages of justice therein will not be corrected when exposed to the light. So begins the arduous process of getting at the truth and confronting a community, including the officers of its law enforcement and judicial agencies, violently reluctant to shift from its narrow view of justice.

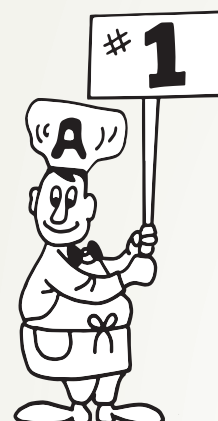
Crettin's movies are founded on optimism and belief in humanity's capacity for kindness and change. The art he produces can, as a result, sometimes play as a little soft and tame, but his underlying theme is so vital, so eternal and, lately, so frequently forgotten that this "shortcoming" is easily forgiven. *Just Mercy* cannot only be defined by its messaging. Crettin is a fine director, with a fluid, deceptively easy visual style and a rapport with actors who can produce tremendous performances. Jordan is clearly the star here, appearing in every scene, but it is the supporting cast

*Continued on next page »*

# Angelo's

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who really carry the movie, with Foxx and Larson doing great work that is equaled, if not exceeded by Rob Morgan, O'Shea Jackson Jr. and Tim Blake Nelson in much smaller roles. *PG13. 136M. BROADWAY, MILL CREEK.*

**1917.** I didn't know beforehand Sam Mendes' (*American Beauty*, 1999; *Spotlight*, 2015) latest is staged to look like one continuous shot. It's a trick that has been used to varying degrees of success for the better part of a century (see: Alfred Hitchcock's *Rope*, 1948). I'm glad my initial ignorance kept me from a cynical approach.

While the technical achievement of the movie — credit, as always, to magician of cinematography Roger Deakins — could distract, it gives the story urgency, immediacy and dream-like continuity, which are in keeping with its pace and tone.

April 1917, two British Lance Corporals, Blake (Dean-Charles Chapman) and Schofield (George Mackay) are dispatched by Gen. Erinmore (Colin Firth) on a critical mission. They must cross No Man's Land and proceed deep into territory formerly held by the enemy to deliver an urgent message to stop an assault that will mean certain death for hundreds of their comrades. The journey is arduous and tragic, of course, but in the telling becomes equally otherworldly, lyrical and horrific. *R. 119M. BROADWAY, FORTUNA, MILL CREEK, MINOR.*

— *John J. Bennett is a movie nerd who loves a good car chase and prefers he/him pronouns.*

\*Updated listings were not available for Broadway and Mill Creek. See showtimes at [www.northcoastjournal.com](http://www.northcoastjournal.com) or call: Broadway Cinema 443-3456; Fortuna Theatre 725-2121; Mill Creek Cinema 839-3456; Minor Theatre 822-3456; Richards Goat Miniplex 630-5000.

## Opening

**BAD BOYS FOR LIFE.** Will Smith and Martin Lawrence return to the buddy cop franchise set in Miami. *R. 123M. BROADWAY, FORTUNA, MILL CREEK.*

**COLOR OUT OF SPACE.** A town is struck by both a meteorite and Nicholas Cage in this H.P. Lovecraft adaptation. *R. 111M. MINOR.*

**DOLITTLE.** The eccentric vet who talks to animals played by Robert Downey Jr. With Antonio Banderas. *PG. 101M. FORTUNA.*

**HARRY POTTER AND THE CHAMBER OF SECRETS (2002).** Maybe a school shouldn't have a chamber of secrets. *PG. 181M. BROADWAY.*

## Continuing

**THE ANIMATION SHOW OF SHOWS.** The 21st annual compilation of the best

animated shorts from around the world. *NR. MINIPLEX.*

**BOMBSHELL.** Charles Randolph's script and a cast (Nicole Kidman, Charlize Theron, John Lithgow) bring the Fox News sexual harassment scandal to life with nuance. *R. 108M. BROADWAY.*

**DIVING DEEP: THE LIFE AND TIMES OF MIKE DEGRUY.** Mimi Armstrong deGruy pays tribute to her late husband with this documentary about his career as an ocean explorer. *NR. 83M. MINIPLEX.*

**FROZEN 2.** Elsa and Anna return for more snowbound sisterly adventure and to put that song back in your head. *PG. 104M. BROADWAY, MILL CREEK.*

**THE GRUDGE.** This spinoff of a remake of a Japanese horror movie lacks story and leans on blood-bag special effects for an amber-tinted waste of time and John Cho. *R. 93M. BROADWAY.*

**JUMANJI: THE NEXT LEVEL.** Dwayne Johnson and Kevin Hart are literally back in the game, which is glitching. *PG13. 123M. BROADWAY, FORTUNA, MILL CREEK.*

**KNIVES OUT.** Director Rian Johnson's tightly controlled whodunnit both pays homage to and raises the stakes of classic mystery with a stellar cast. Starring Daniel Craig, Ana de Armas, Jamie Lee Curtis and Chris Evans. *PG13. 130M. BROADWAY.*

**LIKE A BOSS.** Besties (Tiffany Haddish, Rose Byrne) with a beauty business wrest their company from an evil tycoon (Salma Hayek). *R. 83M. BROADWAY, FORTUNA, MILL CREEK.*

**LITTLE WOMEN.** Writer/director Greta Gerwig's artfully executed and well-acted adaptation of Louisa May Alcott's novel has narrative complexity that will reward multiple viewings. Starring Saoirse Ronan, Emma Watson and Laura Dern. *PG. 134M. BROADWAY, MILL CREEK, MINOR.*

**SPIES IN DISGUISE.** Karen Gillan, Will Smith and Tom Holland voice an animated comedy-adventure about a spy who's turned into a pigeon. Yeah, I got nothing. *PG. 101M. BROADWAY, MILL CREEK.*

**STAR WARS: THE RISE OF SKYWALKER.** J.J. Abrams steers a tremendous cast, fantastic effects and a few rousing sequences but this busy wrap-up drowns out emotional moments. *PG. 141M. BROADWAY, MILL CREEK, MINOR.*

**UNCUT GEMS.** The Safdie brothers' small, tense story about a New York jeweler on the make (Adam Sandler) is filled with dread and hope up to its punishing climax. *R. 135M. BROADWAY, MILL CREEK.*

**UNDERWATER.** When their deep-sea lab is compromised, a research team (Kristin Stewart, Jessica Henwick, Vincent Cassel) has to venture out to the ocean floor where terrifying creatures await. *PG13. 95M. FORTUNA.*

— *Jennifer Fumiko Cahill* ●

# WORKSHOPS & CLASSES

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Listings must be paid in advance by check, cash or Visa/MasterCard. Many classes require pre-registration.

## Arts & Crafts

**STAINED GLASS** Mar 26-Apr 30. Call CR Workforce & Community Education for more information at (707) 476-4500. (A-0116)

## Dance/Music/Theater/Film

**GUITAR/PIANO LESSONS.** All ages, beginning & intermediate. Seabury Gould (707)845-8167. (DMT-1231)

**REDWOOD RAKS WORLD DANCE STUDIO, OLD CREAMERY IN ARCATA.** Belly Dance, Swing, Tango, Hip Hop, Zumba, African, Samba, Capoeira and more for all ages. (707) 616-6876 [www.redwoodraks.com](http://www.redwoodraks.com) (D-1231)

**STEEL DRUM CLASSES.** Weekly Beginning Class: Fri's. 10:30a.m.-11:30a.m., Level 2 Beginners Class Fri's. 11:30a.m.-12:30 p.m. Beginners Mon's 7:00p.m.-8:00p.m. Pan Arts Network 1049 Samoa Blvd. Suite C (707) 407-8998. [panartsnetwork.com](http://panartsnetwork.com) (DMT-1231)

## Fitness

**SUN YI'S ACADEMY OF TAE KWON DO.** Classes for kids & adults, child care, fitness gym & more. Tae Kwon Do Mon-Fri 5-6 p.m., 6-7 p.m., Sat 10-11 a.m. Come watch or join a class, 1215 Giuntoli Lane, or visit [www.sunyisarcata.com](http://www.sunyisarcata.com), 825-0182. (F-1231)

## Home & Garden

**LEARN TO GROW AFRICAN VIOLETS.** \$10 Jan 18th at 2:00pm. Fortuna Fabrics and Crafts, contact Ibby Gerner 949 981 5384 [ibbygermer@gmail.com](mailto:ibbygermer@gmail.com), to reserve a place. (H-0116)

## 50 and Better

**OSHER LIFELONG LEARNING INSTITUTE (OLLI).** Offers dynamic classes for people age 50 and over. Call 826-5880 or visit [www.humboldt.edu/olli](http://www.humboldt.edu/olli) to register for classes (O-1231)

**INDIAN CUISINE COOKING CLASS: BASICS WITH MEENAL RANA & MIRA EAGLE.** Get an introduction into the very basic day-to-day traditional Indian style cooking. Additionally, we will explore various Indian snacks, chutneys and pickles. Fri., Jan. 31 from 2-4:30 p.m. OLLI Members \$35 Sign up today! 826-5880 or [www.humboldt.edu/olli](http://www.humboldt.edu/olli) (O-0116)

**INTRO TO HUMBOLDT COUNTY HISTORY: 115 YEARS IN 150 MINUTES WITH JERRY ROHDE & GISELA ROHDE.** Let's look at some key events between the arrival of whites in 1849 and the departure of entire communities in the 1964 flood. Sat., Feb. 1 from 2-4:30 p.m. OLLI Members \$35 Sign up today! 826-5880 or [www.humboldt.edu/olli](http://www.humboldt.edu/olli) (O-0116)

**MINDFUL MEDITATION WITH PATRICIA STARR.** Focus on the practice of mindful meditation for the body and mind. Learn breathing exercises, and gentle stretching to reduce body tension and distracting thoughts. Thurs., Jan. 30 from 2-4:30 p.m. OLLI Members \$35 Sign up today! 826-5880 or [www.humboldt.edu/olli](http://www.humboldt.edu/olli) (O-0116)

**PILATES PLUS: INTRODUCTION TO CORE ENGAGEMENT WITH JOANNE FORNES.** Enhance any activity by applying breath, movement and core engagement. Class will use a combination of chairs and standing. Wed., Jan. 29 from 10:30 a.m.-1 p.m. OLLI Members \$35 Sign up today! 826-5880 or [www.humboldt.edu/olli](http://www.humboldt.edu/olli) (O-0116)

**THE ENDANGERED SPECIES ACT: PAST, PRESENT, & FUTURE WITH TOM WHEELER.** Learn about threats to the environment of the North Coast and opportunities to become a strong advocate for a clean and healthy environment. Be prepared to learn and participate! Fri., Jan. 31 from 10:30 a.m.-1 p.m. OLLI Members \$35 Sign up today! 826-5880 or [www.humboldt.edu/olli](http://www.humboldt.edu/olli) (O-0116)

**THE JOY & CHALLENGE OF GUIDED VS. INDEPENDENT TRAVEL WITH RANDY ROBERTSON.** Traveling can be exciting and rewarding, but can also be expensive and exhausting. Compare and contrast group travel or traveling at your own pace. Sat., Feb. 1 from 10:30 a.m.-1 p.m. OLLI Members \$35 Sign up today! 826-5880 or [www.humboldt.edu/olli](http://www.humboldt.edu/olli) (O-0116)

**TWILIGHT ZONE: INSIGHT FROM A CLASSIC SERIES WITH DAVID SILVERBRAND.** Examine three classic episodes of the Twilight Zone and the messages their creator, Rod Serling, was trying to impart. Wed., Jan. 29 from 2-4:30 p.m. OLLI Members \$35 Sign up today! 826-5880 or [www.humboldt.edu/olli](http://www.humboldt.edu/olli) (O-0116)

## Spiritual

**EVOLUTIONARY TAROT** Ongoing classes, private mentorships and readings. Carolyn Ayres. 442-4240 [www.tarotofbecoming.com](http://www.tarotofbecoming.com) [carolyn@tarotofbecoming.com](mailto:carolyn@tarotofbecoming.com) (S-1231)

**HUMBOLDT UNITARIAN UNIVERSALIST FELLOWSHIP.** We are here to change lives with our love. Services at 9am and 11am on Sunday. Child care is provided. 24 Fellowship Way, off Jacoby Creek Rd., Bayside. (707) 822-3793, [www.huuf.org](http://www.huuf.org). (S-0130)

**SOTO ZEN MEDITATION** Sunday programs and weekday meditation in Arcata locations; Wed evenings in Eureka, [arcatazengroup.org](http://arcatazengroup.org) Beginners welcome, call for orientation. (707) 826-1701 (S-1231)



## Sports & Recreation

### BECOME A WHITEWATER RIVER GUIDE.

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## Therapy & Support

**ALCOHOLICS ANONYMOUS.** We can help 24/7, call toll free 1-844 442-0711. (T-1231)

**ARCATA SMART** 707 267 7868. (T-130)

**SEX/ PORN DAMAGING YOUR LIFE & RELATIONSHIPS?** Confidential help is available. 707-825-0920, saahumboldt@yahoo.com (T-1231)

**SMOKING POT? WANT TO STOP?** www.marijuana-anonymous.org (T-1231)

## Vocational

**AUTO BODY COLLISION REPAIR** Feb 24 - Apr 29. Register early to secure your seat. Call CR Workforce & Community Education for more information at (707) 476-4500. (V-0116)

**CONVERSATIONAL SPANISH FOR BEGINNERS** Feb 12 - Mar 18. Develop skills in a quick and fun setting. Call CR Workforce & Community Education for more information at (707) 476-4500. (V-0116)

**EMPLOYER ALERT: WHAT'S NEW FOR CALIFORNIA BUSINESSES IN 2020?** Information for small business owners. Tues., Jan. 21, 5:30 - 7:30 p.m., \$30. www.humboldt.edu/sbdc (V-0116)

**FOUNDATIONS FOR FUNDRAISING:** Transform your fundraising efforts. For small & mid-sized nonprofits. Online class starts Jan. 21. Visit humboldt.edu/fundraisingcertificate (V-0116)

**FREE AMERICAN SIGN LANGUAGE CLASSES** Call College of the Redwoods Adult Education at 707-476-4520 for more information or come to class to register. (V-0514)

**FREE BEGINNING LITERACY CLASS** Call College of The Redwoods Adult Education at 707-476-4520 for more information or come to class to register. (V-0514)

**FREE COMPUTER SKILLS CLASS** Call College of the Redwoods Adult Education at 707-476-4520 for more information or come to class to register. (V-0514)

**FREE ENGLISH AS A SECOND LANGUAGE CLASSES** Call College of the Redwoods Adult Education at 707-476-4520 for more information or come to class to register. (V-0514)

**FREE GED/HISET PREPARATION** Call College of the Redwoods Adult Education at 707-476-4520 for more information or come to class to register. (V-0514)

**FREE LIVING SKILLS FOR ADULTS WITH DISABILITIES** Call College of the Redwoods Adult Education at 707-476-4520 for more information or come to class to register. (V-0514)

**GED TESTING** Earn your GED. Call Workforce and Community Education for more information or to schedule your appointment at (707) 476-4500. (V-0116)

**HISTORY OF CANNABIS** Mar 23 - Apr 15. This course will investigate the history of cannabis from the ancient era up to the post-legalization state of affairs. Call CR Workforce & Community Education for more information at (707) 476-4500. (V-0116)

**INCIDENT SAFETY AWARENESS FOR HIRED VENDORS** Mandatory training for vendors who have a CalFire/USFS agreement or contract requiring annual fire safety training to be eligible for contracts for the 2020 fire season. Check the schedule at www.redwoods.edu/communityed or call CR Workforce & Community Education for more information at (707) 476-4500. (V-0116)

**JAPANESE LANGUAGE:** Learn conversational Japanese language. Wed., Jan. 22 - Feb. 5, 6-8 p.m., \$80 Visit humboldt.edu/extended or call 707-826-3731. (V-0116)

**LOAN DOCUMENT SIGNING** Feb 3rd. One day training! Register early to secure your seat. Call CR Workforce & Community Education for more information at (707) 476-4500. (V-0116)

**MICROSOFT BEGINNING ACCESS** Apr 4-16. Call CR Workforce & Community Education for more information at (707) 476-4500. (V-0116)

**MICROSOFT EXCEL BASICS:** Master basic Excel tasks. Tues., Jan. 21-Feb. 11, 6-8 p.m., \$75. Visit humboldt.edu/extended or call 707-826-3731. (V-0116)

**MICROSOFT INTERMEDIATE EXCEL** Feb 4 - 14. Call CR Workforce & Community Education for more information at (707) 476-4500. (V-0116)

**MICROSOFT WORD: TIPS, TRICKS & SHORTCUTS** Mar 10 - 24. Check all Microsoft trainings at www.redwoods.edu/communityed Call CR Workforce & Community Education for more information at (707) 476-4500. (V-0116)

**NOTARY** Feb 5th. One day training! Register early to secure your seat. Call CR Workforce & Community Education for more information at (707) 476-4500. (V-0116)

**PHARMACY TECHNICIAN** Feb 8 - Jul 18. Free info session (Highly Recommended) 10 AM on Jan 11, 2020 at 525 D Street, Eureka. Call Workforce & Community Education for more information at (707) 476-4500. (V-0116)

**REAL ESTATE CORRESPONDENCE** Become a Real Estate Agent. Start anytime! Call Workforce and Community Education for more information at (707) 476-4500. (V-0116)

**SERVSAFE MANAGER CERTIFICATE** Apr 7. Register early to secure your seat. Call CR Workforce & Community Education for more information at (707) 476-4500. (V-0116)

**SPECIAL EDUCATION TEACHER ORIENTATION MEETING** Inviting all who are interested in becoming a SPED Teacher Credential Candidate for Fall 2020. Wednesday January 22nd, 2020 4:30-6:00PM at Humboldt County Office of Education, Alder Room, 901 Myrtle Ave. Eureka CA. Questions: Bernie Levy, Program Coordinator, bjl31@humboldt.edu (V-0109)

## Wellness & Bodywork

**2020 AYURVEDA PROGRAMS WITH TRACI WEBB** "Ayurveda Life Mastery": Starts Feb. 5, Self-Healing + Health & Life Coach Training. Are you an overextended serial-giver, mom, yogi or multi-passionate wellness pro who feels unsupported & underpaid? Unable to bridge the gap between your current reality & what you sense is possible for your life, family & career? Let 2020 be Your Year! Reclaim your body, your abundance, your passion, your time, your heart & your home, all while building deep & lasting friendships, & upleveling your income & career! /// "Ayurveda Herbalist Training & Internship": Starts March 3, Dive deep into Ayurvedic Herbalism & Imbalance Management of All Bodily Systems. Experience Clinic & Client Management, Formulating, Medicine Making, Herb Harvest. \*Both Programs Include: Caring Community + 1-on-1 Support, Monthly Clinics, assessment Skills (Pulse, Face, Tongue), Aromatic Product Making Immersion, Group Detox & Cooking Class, & Meet: 1 evening/week online + 1 weekend/month in Arcata or online. Ignite Transformation for Yourself & Others! Limited to 20, Early Registration Advised. Register: info@ayurvedicliving.com (W-0220)

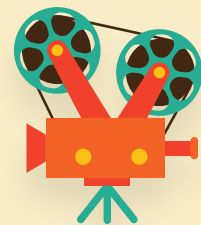
**DANDELION HERBAL CENTER CLASSES WITH JANE BOTHWELL.** Dandelion Herbal Center classes with Jane Bothwell. Beginning with Herbs. Oct. 2 - Nov. 20, 2019, 8 Wed. evenings. Learn medicine making, herbal first aid, and herbs for common imbalances, includes 2 Herb Walks. Shamanic Herbalism. Feb. - June 2020. Meets 1st Weekend of the Month. Celebrate the traditional and ritualistic uses of plants as Sacred Medicine with visiting experts! 10-Month Herbal Studies Program. Feb. - Nov. 2020. Meets one weekend per month with three camping trips. Learn in-depth material medica, plant identification, flower essences, wild foods, formulations and harvesting. Herbal & Traditional Healing on the Aegean Greek Isles. May 22 - June 2, 2020. Discover the beauty, aromas, traditional and modern uses of many medicinal plants on the islands of Ikaria & Samos! Register online www.dandelionherb.com or call (707) 442-8157. (W-0130)

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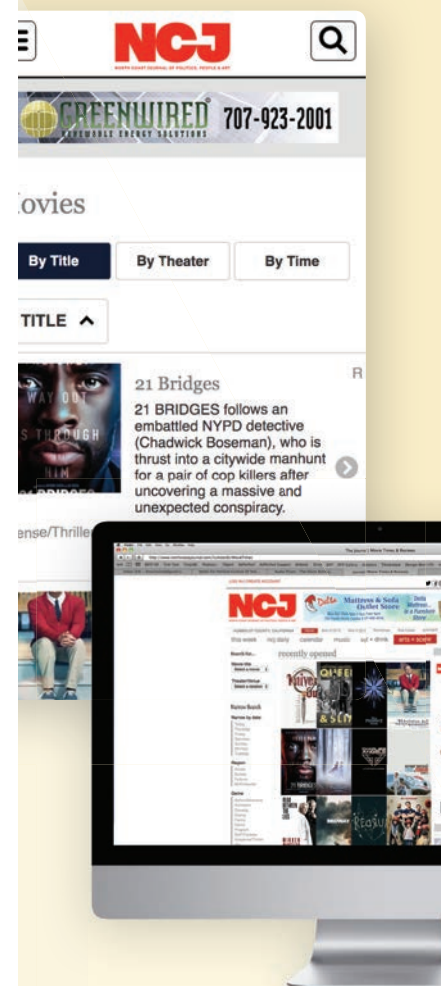


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**NOTICE OF PETITION TO ADMINISTER ESTATE OF CARL M. KJER, a/k/a CARL MILTON KJER**  
**CASE NO. PR1900312**

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, of CARL M. KJER, a/k/a CARL MILTON KJER

A PETITION FOR PROBATE has been filed by Petitioner ELLIS M. KJER In the Superior Court of California, County of Humboldt. The petition for probate requests that ELLIS M. KJER be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on February 13, 2020 at 2:00 p.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 6. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

PETITIONER:  
James D. Poovey  
937 6th Street

Eureka, CA 95501  
Filed: December 30, 2019  
SUPERIOR COURT OF CALIFORNIA  
COUNTY OF HUMBOLDT

1/9, 1/16, 1/23 (20-006)

**Title Order No. 1354229CAD Trustee Sale No. 84047 Loan No. 399170974 APN: 217-191-008-000 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 11/28/2017. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER.**

On 2/11/2020 at 11:00 AM, CALIFORNIA TD SPECIALISTS as the duly appointed Trustee under and pursuant to Deed of Trust Recorded on 12/8/2017 as Instrument No. 2017-022081 in book N/A, page N/A of official records in the Office of the Recorder of Humboldt County, California, executed by: SALMAN A. SALMAN, A MARRIED MAN AS HIS SOLE AND SEPARATE PROPERTY , as Trustor PS FUNDING, INC., A DELAWARE CORPORATION , as Beneficiary WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable at time of sale in lawful money of the United States, by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state). At: Outside the front entrance to the County Courthouse located at 825 5th Street, Eureka, CA 95501, NOTICE OF TRUSTEE'S SALE - continued all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County, California described the land therein: As more fully described on said Deed of Trust. The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 87 SEQUOIA ROAD MYERS FLAT, CA 95554. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of trusts created by said Deed of Trust, to-wit \$336,694.29 (Estimated). Accrued interest and addi-

tional advances, if any, will increase this figure prior to sale. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election of Sell to be recorded in the county where the real property is located and more than three months have elapsed since such recordation. DATE: 12/30/2019 CALIFORNIA TD SPECIALIST, as Trustee 8190 EAST KAISER BLVD., ANAHEIM HILLS, CA 92808 PHONE: 714-283-2180 FOR TRUSTEE SALE INFORMATION LOG ON TO: www.stoxposting.com CALL: 844-477-7869 PATRICIO S. INCE', VICE PRESIDENT CALIFORNIA TD SPECIALIST IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. "NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed or trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 844-477-7869, or visit this internet Web site www.stoxposting.com, using the file number assigned to this case T.S.# 84047. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to

1/9, 1/16, 1/23 (20-004)

**PUBLISHED NOTICE OF SEIZURE AND NON-JUDICIAL FORFEITURE**

On July 31st, 2019, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11351 of the Health and Safety Code of California from Central Avenue in McKinleyville, California. The seized property is described as: \$2,915.00 US currency and Control Number 19-F-18 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

1/16, 1/23, 1/30 (20-015)

**PUBLISHED NOTICE OF SEIZURE AND NON-JUDICIAL FORFEITURE**

On August 31st, 2019, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11351 of the Health and Safety Code of California from Eureka, California. The seized property is described as: \$38,495.00 US currency and Control Number 19-F-19 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

1/16, 1/23, 1/30 (20-016)

**PUBLISHED NOTICE OF SEIZURE AND JUDICIAL FORFEITURE**

On October 4th, 2019, Agents from the Humboldt County Drug Enforcement Unit seized property for forfeiture from Willow Creek, California, in connection with controlled substance violations, to wit, Section 11351 of the Health and Safety Code of California. The seized property is described as: \$73,703.00 in U.S. Currency. Control Number 19-F-25 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

If your claim is not timely filed, the Humboldt County District Attorney will declare the property described in this notice to be forfeited to the State and it will be disposed of as provided in Health and Safety Code Section 11489.

1/16, 1/23, 1/30 (20-014)

**PUBLISHED NOTICE OF SEIZURE AND NON-JUDICIAL FORFEITURE**

On December 28th, 2018, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with

controlled substance violations, to wit, Section 11352 of the Health and Safety Code of California from 18th Street, in Eureka, California. The seized property is described as: \$3,274.00 US currency and Control Number 19-F-29 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

1/16, 1/23, 1/30 (20-025)

**PUBLISHED NOTICE OF SEIZURE AND NON-JUDICIAL FORFEITURE**

On February 20th, 2014, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11359 of the Health and Safety Code of California from Hall Avenue in Eureka, California. The seized property is described as: \$11,760.00 US currency and Control Number 14-F-18 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

If your claim is not timely filed, the Humboldt County District Attorney will declare the property described in this notice to be forfeited to the State and it will be disposed of as provided in Health and Safety Code Section 11489.

1/16, 1/23, 1/30 (20-013)

**PUBLISHED NOTICE OF SEIZURE AND NON-JUDICIAL FORFEITURE**

On July 31st, 2019, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11351 of the Health and Safety Code of California from Patterson Road, in McKinleyville, California. The seized property is described as: \$3,158.00 US currency and Control Number 19-F-28 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

1/16, 1/23, 1/30 (20-024)

**PUBLISHED NOTICE OF SEIZURE AND NON-JUDICIAL FORFEITURE**

On October 4th, 2019, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11351 of the Health and Safety Code of California from Maple Lane, in Eureka, California. The seized property is described as: \$8,960.00 US currency and Control Number 19-F-24 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

1/16, 1/23, 1/30 (20-021)

**PUBLISHED NOTICE OF SEIZURE AND NON-JUDICIAL FORFEITURE**

On October 10th, 2019, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11359 of the Health and Safety Code of California from Patterson Road, in Willow Creek, California. The seized property is described as: \$22,278.00 US currency and Control Number 19-F-27 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

1/16, 1/23, 1/30 (20-023)

**PUBLISHED NOTICE OF SEIZURE AND NON-JUDICIAL FORFEITURE**

On October 31st, 2019, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11351 of the Health and Safety Code of California from Meyers Avenue, in Eureka, California. The seized property is described as: \$6,015.00 US currency and Control Number 19-F-26 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

1/16, 1/23, 1/30 (20-022)

**PUBLISHED NOTICE OF SEIZURE AND NON-JUDICIAL FORFEITURE**

On September 18th, 2019, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11358 of the Health and Safety Code of California from APN: 217-391-002-000 in Blocksburg, California. The seized property is described as: \$17,978.00 US currency and Control Number 19-F-21 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

1/16, 1/23, 1/30 (20-018)

**PUBLISHED NOTICE OF SEIZURE AND NON-JUDICIAL FORFEITURE**

On September 19th, 2019, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11359 of the Health and Safety Code of California from Kimtu Road in Garberville, California. The seized property is described as: \$8,626.00 US currency and Control Number 19-F-22 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

1/16, 1/23, 1/30 (20-019)



**PUBLISHED NOTICE OF SEIZURE AND NON-JUDICIAL FORFEITURE**

On September 19th, 2019, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11351 of the Health and Safety Code of California from Highway 101 @ Jordan Creek Off-Ramp in Humboldt County, California. The seized property is described as: \$27,738.00 US currency and Control Number 19-F-23 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

1/16, 1/23, 1/30 (20-020)

**PUBLISHED NOTICE OF SEIZURE AND NON-JUDICIAL FORFEITURE**

On November 19th, 2019, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11359 of the Health and Safety Code of California from Redwood Drive and Briceland Road in Garberville, California. The seized property is described as: \$10,790.00 US currency and Control Number 19-F-30 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

1/16, 1/23, 1/30 (20-026)

**PUBLISHED NOTICE OF SEIZURE AND NON-JUDICIAL FORFEITURE**

On September 20th, 2019, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11352 of the Health and Safety Code of California from Highway 299 @ Blue Lake, California. The seized property is described as: \$7,811.00 US currency and Control Number 19-F-20 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

1/16, 1/23, 1/30 (20-017)

**PUBLISHED NOTICE OF SEIZURE AND NON-JUDICIAL FORFEITURE**

On August 29th, 2019, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11359 of the Health and Safety Code of California from Mountain View Road in Kneeland, California. The seized property is described as: \$11,400.00 US currency and Control Number 19-F-31 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

If your claim is not timely filed, the Humboldt County District Attorney will declare the property described in this notice to be forfeited to the State and it will be disposed of as provided in Health and Safety Code Section 11489.

1/16, 1/23, 1/30 (20-027)

**NOTICE OF SALE PUBLIC AUCTION**

Notice is hereby given that the undersigned intends to sell the personal property described below to enforce a lien imposed on said property pursuant to Sections 21700-21716 of the Business & Professions Code, Section 2328 of the UCC, Section 535 of the Penal Code and provisions of the Civil Code. The undersigned will sell the following tenants' units at a public auction by competitive bidding on January 24th, 2020 at noon, on the premises where said property has been stored and which are located at South Bay Mini-Storage, 2031 Eich Road, Eureka, County of Humboldt, State of California, as follows. Household and miscellaneous items to be sold include but are not limited to the following:

Unit#152 Vickie Mabrier -Furniture, microwave, vacuum, clothes, TV  
Unit#169 Richard Horton - Nativity Village, headboard, framed picture  
Unit#355 Teung Outhasin -Rims, tires, car parts, clothes  
Unit#412 Jacob Amsden - Furniture, bike, iron furniture, folding table, shelving  
Unit#469 Chad Sample - Fat tire bike, misc bikes, surfboard, tools, TV, fishing rod  
Unit#509 Mario Maggio - Furniture, snowboard, surfboard, tools  
Unit#703 Stacie Sanchez -BBQ, paintings, furniture, TV, misc boxes  
Unit#752 Betty Williams - Furniture, crabbing gear, TV, sewing machine  
Unit#836 Ella Morgan - Washer/Dryer, record player, vinyls, misc boxes

Purchases must be paid for at the time of purchase in cash only. All purchased items are sold "as is" and must be removed from the premises within 24 hours. Sale is subject to cancellation in the event of a settlement between owner and obligated party. Deposit of \$100.00 is required on each unit purchased. Bring a flashlight and padlock(s).  
Dated this 9th and 16th day of January 2020.  
CA BOND NO. 0336118

01/09, 01/16 (20-002)

**PUBLIC SALE**

NOTICE IS HEREBY GIVEN that the undersigned intends to sell the personal property described below to enforce a lien imposed on said property pursuant to Sections 21700-21716 of the Business & Professions Code, Section 2328 of the UCC, Section 535 of the Penal Code and provisions of the civil Code. The undersigned will sell at public sale by competitive bidding on

January 30, 2020 at 10 AM, on the premises where said property has been stored and which are located at CUTTEN MINI STORAGE, 2341 Fern Street, Eureka, CA County of Humboldt the following:

#68 Monica Winters  
#65 Jodene Aubrey  
#256 Harriet Poletski

Items to be sold include, but are not limited to: toys, bed frame, mattress, typewriter, stools, pet carrier, heater, chairs, shelves, kitchen ware, kitchen appliances, stereo, lawn mower, books, slow cooker, saddle, tables, weedwacker, boxes/bags/totes - contents unknown.

Purchases must be paid for at the time of the sale in cash only. Anyone interested in attending the auction must sign in at 2341 Fern Street, Eureka, CA prior to 9:00 AM on the day of the auction, no exceptions. All purchase items sold as is, where is and must be removed at the time of sale. Sale is subject to cancellation in the event of settlement between owner and obligated party.  
Auctioneer: Cutten Mini Storage (707)443-2880, Bond #0336443

Dated this Wednesday, January 16, 2020 and Wednesday, January 23, 2020

1/16, 1/23 (20-033)

**SUMMONS (Citation Judicial) CASE NUMBER: DR190777**

NOTICE TO Defendants: Estate of Bertina A. Kiskila, et al, Upon reading and considering the application of plaintiff for an order directing the publication of summons against the defendants: the Estate of Bertina A. Kiskila, deceased, the testate and intestate successors of Bertina A. Kiskila, Nicholas N. Nelson, Jr., deceased, the testate and intestate successors of Nicholas N. Nelson, Jr., Donald E. Nelson, deceased, the testate and intestate successors of Donald E. Nelson, Lois R. Toroni, deceased, the testate and intestate successors of successors of Lois R. Toroni. As well as the evidence presented in support thereof, and it satisfactorily appearing to the Court that said defendants cannot be served with reasonable diligence in any manner for in C.C.P. 415.10 through 415.30, and it also appearing that a good cause of action exists against said defendants', or that they are necessary or proper parties to this action, or that they have or claim an interest in the property which is the subject of this action and which is subject to the jurisdiction of this Court.

You are being sued by Plaintiff: Eric P. Nelson

Notice: You have been sued. The court may decide against you without you being heard unless you

respond within 30 days. Read the information below. You have 30 calendar days after this Summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center ([www.courtinfo.ca.gov/selfhelp](http://www.courtinfo.ca.gov/selfhelp)), your county library, or the court-house nearest you. If you cannot pay the filing fee, ask the court clerk for free waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court.

There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site ([www.lawhelpcalifornia.org](http://www.lawhelpcalifornia.org)), the California Courts Online Self-Help Center([www.courtinfo.ca.gov/self-help](http://www.courtinfo.ca.gov/self-help)), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in civil case. The court's lien must be paid before the court will dismiss the case. The name and address of the court is: Humboldt County Superior Court 825 Fifth Street Eureka, CA 95501 The name, address, and telephone number of plaintiff's attorney, or plaintiff without an attorney, is: Neal G. Latt 294409 Mathews, Kluck, Walsh, Wykle & Latt, LLP 100 M Street Eureka, CA 95501 (707) 442-3758 Date: September 13, 2019 clerk, by Kim M. Bartleson/ Angel P.

1/16, 1/23, 1/30, 2/6 (19-317)

**FICTITIOUS BUSINESS NAME STATEMENT 19-00687**

The following person is doing Business as **WTR GREEN FUTURE**

Humboldt  
550 South G Street, Suite 28  
Arcata, CA 95521

**Neal E Osborne  
560 Park Ave  
Arcata, CA 95521**

The business is conducted by an Individual. The date registrant commenced to transact business under the ficti-

County of Humboldt  
Human Resources Department

**TEMPORARY STAFFING SERVICES REQUEST FOR PROPOSAL (RFP)**

RFP NO. HR2020-100

The County of Humboldt is soliciting proposals from qualified firms for the provision of temporary staffing services to meet immediate and/or short-term temporary staffing needs.

The RFP and associated documents may be found at <https://humboldt.gov.org/317/Human-Resources> or call 707-476-2350 and ask for Zach O'Hanen.

**Proposal Filing Deadline: February 21, 2020.**

**NOTICE OF PUBLIC HEARING**

**USE OF COMMUNITY DEVELOPMENT BLOCK GRANT PROGRAM INCOME FOR BLUE LAKE LIBRARY ARCHITECTUAL BARRIER REMOVAL FOR ADA ACCESSIBILITY**

NOTICE IS HEREBY GIVEN that the City of Blue Lake will conduct a public hearing on Tuesday, January 28, 2020 at 7:00 p.m. to discuss using State of California Community Development Block Grant (CDBG) Program Income to remove architectural barriers and improve disabled access at the Blue Lake Library. The meeting will be held at Skinner Store, 111 Greenwood Road, Blue Lake, CA to discuss.

The purpose of the Blue Lake Library Architectural Barrier Removal Project is to remove barriers to allow the library to be accessible to all members of the public. This includes 1) ensuring the handicapped stall and pathway to the library is close and clearly accessible, 2) moving the approach at the top of the ramp out 3 feet to allow for a wheelchair to maneuver, 3) removing one table and one computer station that do not have enough knee space, and replacing with one table and once computer station that has the appropriate knee space for a wheelchair, and 4) removing barriers to access for a wheelchair to the single toilet room. This includes the approach and turning radius inside.

The City of Blue Lake occasionally receives repayment of loans originally made with Community Development Block Grant (CDBG) funds and that these funds then become program income funds. The City has approximately \$222,317.00 of Program Income on hand. The cost to complete the project is estimated to be approximately \$184,500 and the City council wishes to ensure the project is done correctly and should the costs increase authorizes up to \$200,000 for this project.

The purpose of the public hearing/meeting will be to give citizens an opportunity to make their comments known on the use of CDBG funds for this activity. If you are unable to attend the public meeting, you may submit comments to **Mandy Mager, 707-668-5655 or [amager@bluelake.ca.gov](mailto:amager@bluelake.ca.gov)**.

If you plan on attending the public hearing and need a special accommodation because of a chemical sensitivity, sensory or mobility impairment/disability, please contact **Julie Ryan by noon on January 27, 2020** to arrange for those accommodations.

The City of Blue Lake promotes fair housing and makes all programs available to low- and moderate-income families and individuals, regardless of race, religion, color, national origin, ancestry, physical disability, mental disability, medical condition, marital status, familial status (children), political affiliation, sex, age, sexual orientation or other arbitrary factor.



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THE HOUSING AUTHORITIES OF THE CITY OF EUREKA AND COUNTY OF HUMBOLDT ARE CURRENTLY ACCEPTING APPLICATIONS FOR ALL PROGRAMS.

City programs are Eureka Public Housing and Eureka Family Housing, which offer 1, 2, 3, and 4-bedroom units as well as wheel chair accessible units for the mobility impaired, and Eureka Senior Housing offers 1-bedroom units only (62 or older). City programs are all located within the Eureka city limits.

The County program is the Housing Choice Voucher Program, formerly called Section 8, the federal government's major program for assisting low-income families, the elderly and disabled to afford decent, safe, and sanitary housing in the private market. Housing assistance is provided on behalf of the family or individual, so participants can find their own housing, including single-family homes, townhouses and apartments. The participant is free to choose available rentals county-wide that meets the requirements of the program and is not limited to units located in specific subsidized housing projects.

Applications are available at the Eureka Housing Authorities Office, 735 West Everding Street, Eureka during our regular office hours (M-TH 9:00 am to 4:30 pm and every other Friday).



The Housing Authorities are Equal Housing Opportunity Organizations



LAS AUTORIDADES DE VIVIENDA DE LA CIUDAD DE EUREKA Y DEL CONDADO DE HUMBOLDT ACTUALMENTE ESTÁN ACEPTANDO APLICACIONES PARA TODOS LOS PROGRAMAS.

Los programas de la ciudad son Eureka Public Housing y Eureka Family Housing, que ofrezca las unidades de 1, 2, 3, y 4-cuarto así como la silla de rueda accesible unidades para la movilidad deteriorada, y Eureka Senior Housing ofrece unidades con sólo 1 dormitorio (62 años o mayores). Los programas de la ciudad están ubicados dentro de los límites de la ciudad de Eureka.

El programa del condado es Sección 8 asistencia basada en inquilino, bono de elección de vivienda (HCV), anteriormente llamado sección 8, el programa principal del gobierno federal para ayudar a familias de bajos ingresos, ancianos y discapacitados a pagar viviendas decentes, seguras y sanitarias en el mercado privado. La asistencia de vivienda se proporciona en nombre de la familia o individuo, por lo que los participantes pueden encontrar su vivienda, incluyendo viviendas unifamiliares, casas adosadas y apartamentos. El participante es libre de elegir alquileres disponibles en todo el condado que cumplan con los requisitos del programa y no se limite a unidades ubicadas en proyectos específicos de viviendas subsidiadas.

Las aplicaciones están disponibles en la oficina de autoridades de vivienda, 735 West Everding Street, Eureka durante nuestras horas regulares de oficina (M-TH 9:00 AM a 4:30 PM y cada viernes otros).



Las autoridades de vivienda son organizaciones de oportunidades iguales de vivienda



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tious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s Neal Osborne, Planner in Chief  
This December 4, 2019  
KELLY E. SANDERS  
by sc, Humboldt County Clerk

01/02, 01/09, 01/16, 01/23 (20-001)

FICTITIOUS BUSINESS NAME STATEMENT 19-00706

The following person is doing Business as  
**SEQUOIA PERSONNEL SERVICES**

Humboldt  
2930 E Street  
Eureka, CA 95501

**Preferred Employer Solutions, LLC Oregon 458133-91 1483 N 13th Street Coos Bay, OR 97420**

The business is conducted by a Limited Liability Corporation. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s Tomas Chavez, Manager  
This December 17, 2019  
KELLY E. SANDERS  
by tn, Humboldt County Clerk

01/02, 01/09, 01/16, 01/23 (20-003)

FICTITIOUS BUSINESS NAME STATEMENT 20-00011

The following person is doing Business as  
**TREE FROG POTTERY**

Humboldt  
670 Future Street  
Loleta, CA 95551  
PO Box 746  
Loleta, CA 95551

**Maria E Elhardt 640 Future Street Loleta, CA 95551 Angela R Cameron 670 Future Street Loleta, CA 95551**

The business is conducted by a General Partnership. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to

Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s Maria Elhardt, General Partner  
This January 4, 2020  
KELLY E. SANDERS  
by ss, Humboldt County Clerk

01/09, 01/16, 01/23, 01/30 (20-010)

FICTITIOUS BUSINESS NAME STATEMENT 19-00709

The following person is doing Business as  
**E-Z LANDING RV PARK & MARINA**

Humboldt  
1875 Buhne Drive  
Eureka, CA 95503

**Conrad E Reardon 2118 Irving Eureka, CA 95503**

The business is conducted by an Individual. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s Conrad Reardon, Owner  
This December 17, 2019  
KELLY E. SANDERS  
by tn, Humboldt County Clerk

12/26, 1/2, 1/9, 1/16 (19-366)

FICTITIOUS BUSINESS NAME STATEMENT 20-00005

The following person is doing Business as  
**TECHSEASE FORTUNA**

Humboldt  
1523 Main St, Apt B  
Fortuna, CA 95540

**Hawley J Riffenburg 1523 Maine St, Apt B Fortuna, CA 95540**

The business is conducted by an Individual. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s Hawley Riffenburg, Owner  
This January 2, 2020  
KELLY E. SANDERS  
by kt, Humboldt County Clerk

01/09, 01/16, 01/23, 01/30 (20-009)

FICTITIOUS BUSINESS NAME STATEMENT 19-00713

The following person is doing Business as  
**REDWOOD COAST BOUTIQUE**

Humboldt  
100 Ericson Ct  
Arcata, CA 95521  
3429 Cottage St  
Eureka, CA 95503

**Jeanette L Arnot 3429 Cottage St Eureka, CA 95503**

The business is conducted by an Individual. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s Jeanette Arnot, Owner  
This December 19, 2019  
KELLY E. SANDERS  
by tn, Humboldt County Clerk

01/09, 01/16, 01/23, 01/30 (20-008)

FICTITIOUS BUSINESS NAME STATEMENT 20-00004

The following person is doing Business as  
**PLUMB CONSTRUCTION**

Humboldt  
452 N Fortuna Blvd  
Fortuna, CA 95540

**Thompson Squared Inc. CA 4294221 452 N Fortuna Blvd Fortuna, CA 95540**

The business is conducted by a Corporation. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s Shawn Thompson, President  
This January 2, 2020  
KELLY E. SANDERS  
by sc, Humboldt County Clerk

01/09, 01/16, 01/23, 01/30 (20-007)

FICTITIOUS BUSINESS NAME STATEMENT 20-00010

The following person is doing Business as  
**KERNEN CONSTRUCTION**

Humboldt  
2350 Glendale Drive  
McKinleyville, CA 95519

PO Box 1340  
Blue Lake, CA 95525

**Kurt E Kernen 801 Liscom Hill Rd McKinleyville, CA 95519 Norman S Farley 540 4th Street Blue Lake, CA 95525**

The business is conducted by a General Partnership. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s Kurt Kernen, Partner  
This January 6, 2020  
KELLY E. SANDERS  
by kt, Humboldt County Clerk

01/16, 01/23, 01/30, 02/06 (20-029)

FICTITIOUS BUSINESS NAME STATEMENT 20-00013

The following person is doing Business as  
**FOUNDATION STRATEGIES**

Humboldt  
8242 West End Road  
Arcata, CA 95521

**Christopher A Lehman 8242 West End Rd Arcata, CA 95521**

The business is conducted by an Individual. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s Christopher Lehman, Owner/ Principal  
This January 6, 2020  
KELLY E. SANDERS  
by ss, Humboldt County Clerk

01/09, 01/16, 01/23, 01/30 (20-011)

FICTITIOUS BUSINESS NAME STATEMENT 20-00014

The following person is doing Business as  
**MOUNTAIN MIKES PIZZA**

Humboldt  
3144 Broadway Street, Suite C3, C4, C5  
Eureka, CA 95501  
537 Fourth St #A  
Santa Rosa, CA 95401

**Chandi Family Inc. CA 3048567**



**537 Fourth St #A  
Santa Rosa, CA 95401**

The business is conducted by a Corporation.  
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable  
I declare the all information in this statement is true and correct.  
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s/ Jatinder Singh, CFO  
This January 1, 2020  
KELLY E. SANDERS  
by tn, Humboldt County Clerk

01/16, 01/23, 01/30, 02/06 (20-028)

**FICTITIOUS BUSINESS NAME  
STATEMENT 20-00018**

The following person is doing Business as  
**NORTH COAST CARPET PROS**

Humboldt  
234 Orchard Ln  
Fortuna, CA 95540  
PO Box 271  
Fortuna, CA 95540

**Morgan L Ferguson  
234 Orchard Ln  
Fortuna, CA 95540**

The business is conducted by an Individual.  
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable  
I declare the all information in this statement is true and correct.  
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s/ Morgan L Ferguson, Owner  
This January 1, 2020  
KELLY E. SANDERS  
by sc, Humboldt County Clerk

01/16, 01/23, 01/30, 02/06 (20-031)

**FICTITIOUS BUSINESS NAME  
STATEMENT 20-00020**

The following person is doing Business as  
**GREEN SPIRAL FARM**

Humboldt  
819 Mad River Rd  
Arcata, CA 95521  
PO Box 2994  
McKinleyville, CA 95519

**Graham T Gagne  
819 Mad River Rd  
Arcata, CA 95521  
Chelsey L Gagne  
819 Mad River Rd  
Arcata, CA 95521**

The business is conducted by a Married Couple.

The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable  
I declare the all information in this statement is true and correct.  
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s/ Graham Gagne, Owner  
This January 8, 2020  
KELLY E. SANDERS  
by sc, Humboldt County Clerk

01/16, 01/23, 01/30, 02/06 (20-012)

**FICTITIOUS BUSINESS NAME  
STATEMENT 20-00032**

The following person is doing Business as  
**FOUNTAINBLEU APARTMENTS**

Humboldt  
2205 & 2215 Tydd Street  
Eureka, CA 95501  
329 Laura Lane  
Bayside, CA 95524

**Kauffman Family Investments  
Limited LLC  
CA 201710810637  
329 Laura Lane  
Bayside, CA 95524**

The business is conducted by a Limited Liability Company.  
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable  
I declare the all information in this statement is true and correct.  
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s/ Robert W Kauffman, Owner  
This January 13, 2020  
KELLY E. SANDERS  
by sc, Humboldt County Clerk

01/16, 01/23, 01/30, 02/06 (20-030)

**STATEMENT OF  
ABANDONMENT OF USE OF  
FICTITIOUS BUSINESS NAME  
FILE NO. R-1500728**

The following person have abandoned the use of the fictitious business name NORTH COAST CARPET PROS  
Humboldt  
2204 Smith Ln  
Fortuna, CA 95540  
PO Box 412  
Loleta, CA 95551  
The fictitious business name was filed in HUMBOLDT County on December 28, 2015  
Kyle Ross  
2204 Smith Ln  
Fortuna, CA 95540

This business was conducted by: An Individual  
/s/ Kyle Ross, Owner  
This state was filed with the HUMBOLDT County Clerk on the

date January 1, 2020  
I hereby certify that this copy is true and correct copy of the original statement on file in my office  
Kelly E. Sanders  
s/ sc, Deputy Clerk  
Humboldt County Clerk

1/16, 1/23, 1/30, 2/6 (20-032)

**ORDER TO SHOW CAUSE FOR  
CHANGE OF NAME JODIE SUE  
ELLIS CASE NO. CV1901254**

SUPERIOR COURT  
OF CALIFORNIA,  
COUNTY OF HUMBOLDT  
825 FIFTH ST.  
EUREKA, CA. 95501  
PETITION OF:  
JODIE SUE ELLIS  
for a decree changing names as follows:

Present name  
JODIE SUE ELLIS  
to Proposed Name  
ELLA HOLIDAY  
THE COURT ORDERS that all persons interested in this matter appear before this court at the

hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.  
NOTICE OF HEARING  
Date: February 7, 2020  
Time: 1:45 p.m., Dept. 4  
SUPERIOR COURT  
OF CALIFORNIA,  
COUNTY OF HUMBOLDT  
825 FIFTH STREET  
EUREKA, CA 95501  
Date: December 17, 2019  
Filed: December 17, 2019  
/s/ Kelly L. Neel  
Judge of the Superior Court

12/26, 1/2, 1/9, 1/16 (19-368)

**LEGALS?**

**442-1400 x314**

**classified@north  
coastjournal.com**

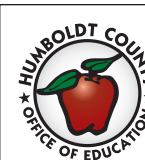
County Public Notices

Fictitious Business

Petition to  
Administer Estate

Trustee Sale

Other Public Notices



**THE HUMBOLDT COUNTY  
BOARD OF EDUCATION  
SEEKING APPLICANTS FOR AN  
OPEN BOARD SEAT IN TRUSTEE AREA 3**

The County Board is in the process of appointing a new board member to the County Board of Education. The vacancy is in Supervisory District 3.

Trustee Area 3 consists of the greater Arcata area, out the North Spit through Manila to the Samoa Bridge. From the Arcata south to the City of Eureka.

School Districts: Arcata, Eureka, Freshwater, Garfield, Kneeland, Jacoby Creek, Northern Humboldt, Pacific Union, Peninsula.

An eligible candidate must reside in Trustee Area 3 and be a citizen of California, at least 18 years old, a registered voter, and not employed by the Humboldt County Office of Education.

If interested, please submit a letter explaining interest in serving on the Board along with a brief resume of qualifications to serve. The letter and resume must be received by Humboldt County Superintendent of Schools, Chris Hartley, Ed.D., Humboldt County Office of Education, 901 Myrtle Avenue, Eureka, CA 95501 no later than 3:00 p.m. January 31st, 2020.

Eligible applicants will be interviewed at the public meeting of the Humboldt County Board of Education February 12, 2020 at 3:00 p.m. Each applicant will be asked to make a personal statement and answer questions from the Board. The successful applicant will be seated at the Board of Education meeting March 11, 2020 and the term runs through November 2020.

For more information, please contact Hannah Gossi at (707) 445-7030 or hgossi@hcoe.org

Prior to applying, please verify residency by contacting the Humboldt County Elections Office at (707) 445-7481 or 2426 6th Street, Eureka.

Chris Hartley, Ed.D.  
Superintendent of Schools

*We Print Obituaries*

Submit information via email to  
classified@northcoastjournal.com, or by mail or in person.

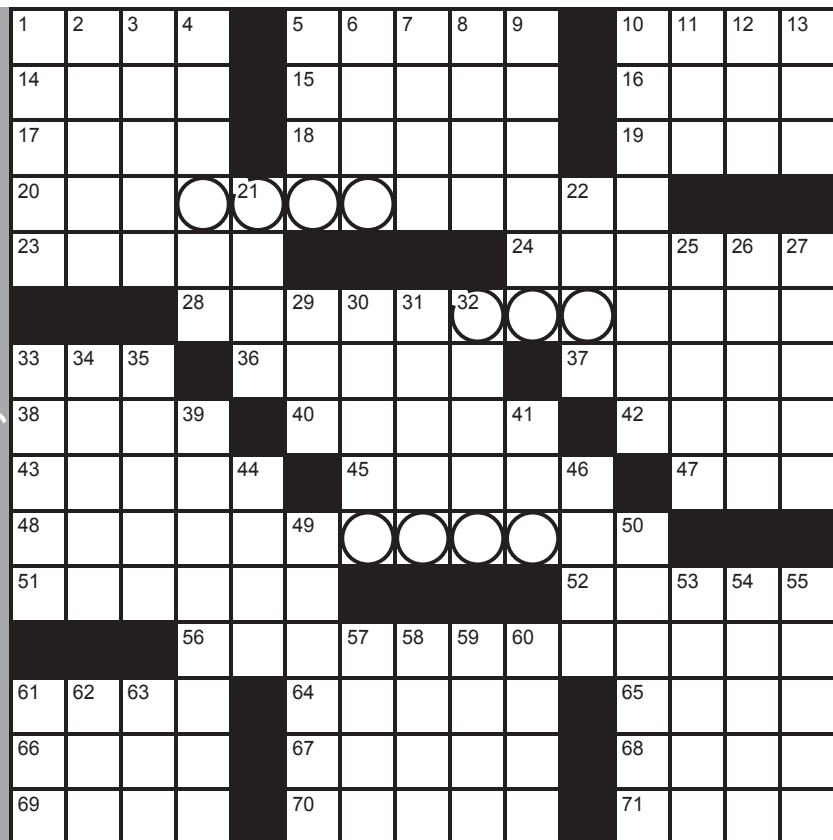
Please submit photos in JPG or PDF format, or  
original photos can be scanned at our office.

The *North Coast Journal* prints each Thursday,  
52 times a year. Deadline for obituary information is  
at 5 p.m. on the Sunday prior to publication date.

**NCJ**  
NORTH COAST JOURNAL OF POLITICS, PEOPLE & ART

310 F Street, Eureka, CA 95501  
(707) 442-1400 FAX (707) 442-1401





ASS BACKWARDS

ANSWERS NEXT WEEK!

©2020 DAVID LEVINSON WILK

## ACROSS

1. Longtime Mississippi senator Cochran  
5. Bad thing to get from your boss  
10. One of 14 lands neighboring China  
14. Mann's man  
15. Ibsen's "\_\_\_\_ Gabler"  
16. "... can't get up!"  
17. 1998 Sarah McLachlan hit  
18. It's often heard at a ballpark  
19. Nutritionist's plan  
20. Louise Brown became the first when she was born on 7/25/1978  
23. Worthless stuff  
24. Explorer Vasco \_\_\_\_  
28. Anwar Sadat's vice president and successor  
33. "Freeze! \_\_\_\_!"  
36. John who pioneered

- the steel plow  
37. Slack-jawed  
38. Commercial prefix meaning "convenient to use"  
40. \_\_\_\_-garde  
42. Partner of ready and willing  
43. Words before fat and lean, in a nursery rhyme  
45. "To recap ..."  
47. Part of a sch. year  
48. Not connected (with)  
51. Where boxers get exercise  
52. Kind of board whose name features two foreign words meaning "yes" back-to-back  
56. Inane ... or a hint to what's found in each group of this grid's circled letters  
61. Powerful person  
64. Prefix with liberal

- or conservative, but not moderate  
65. Swing a scythe, say  
66. Top-notch  
67. Unleash upon  
68. Gallery on the Thames  
69. Polliwog's place  
70. Bouillabaisse seasoning  
71. Apple's first location?

## DOWN

1. "\_\_\_\_ Be Alright" (2002 Alan Jackson country hit)  
2. "Napoleon Dynamite" star Jon  
3. Stem (from)  
4. Rachel who was Debbie Downer in a series of "SNL" sketches  
5. Holier-than-\_\_\_\_  
6. 70-Across, for one  
7. Narrow advantage  
8. Not much, as of lotion  
9. Hit soundtrack album  
10. Pop star who launched the Born This Way foundation in 2011  
11. Darth Vader's nickname as a boy  
12. Dedicated work  
13. Trainer's command  
21. Eliminated by a ref's decision  
22. \_\_\_\_ ghanouj  
25. Many Israelis  
26. Kind of syrup  
27. Eddie Murphy's role in "Coming to America"  
29. "Moby-Dick" setting  
30. Author Shute of "On the Beach"  
31. Neighbor of a Pakistani  
32. Intelligence community?  
33. Coiner of the term "Oedipus complex"  
34. Gas-X competitor  
35. Means of tracking

- wildlife  
39. Like some night vision  
41. King who died in his teens  
44. "Just the Two \_\_\_\_" (1981 hit)  
46. Speak Persian?  
49. Remark from Don Rickles  
50. Eva Perón's maiden name  
53. "\_\_\_\_ you loud and clear"  
54. Online dating site that uses the slogan "Mazel tov for finding love"  
55. "Quaking" tree  
57. "Ugh!"  
58. Courtroom fig.  
59. Study, study, study  
60. Duchess of Cambridge, to friends  
61. Ceiling  
62. Hippo campus?  
63. Raggedy \_\_\_\_

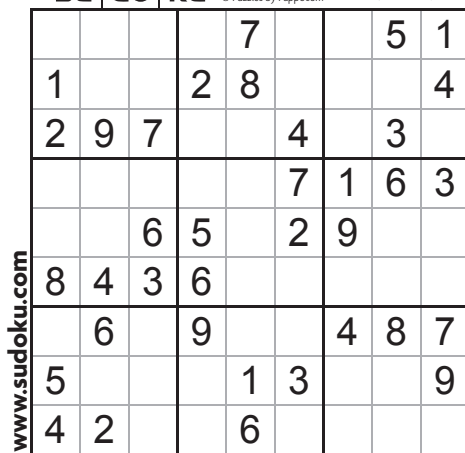
## LAST WEEK'S ANSWERS TO 3D



## su | do | ku

© Puzzles by Pappocom

VERY EASY #12



www.sudoku.com

## NCJ NORTH COAST NIGHT LIGHTS



The empty bench on the corner of Fourth and E streets.

Photo by David Wilson

# Vacancy at Fourth and E Streets, Eureka

By David Wilson

ncnightlights@northcoastjournal.com

For years, driving by, I would see her lonely figure sitting on the bench. I never stopped but in time I grew used to her presence there, looking to touch base visually when I passed. Huddled inward and completely covered, she had erected a shell between herself and the outside world, perhaps re-treating to the safety of her own thoughts to live in a world of her own choosing. I could identify with that on some level.

I don't recall ever seeing what she looked like, for in my recollection she was always completely covered. She was consistently there for years, eventually becoming a part of that corner. And then, without realizing when exactly the transition occurred, I began noticing that she was no longer there. The bench was empty. A part of the corner felt missing.

The corner has long called to me to come photograph it some night. The street corner itself is stylish as street corners go, now that the utility box near the bench has been painted as part of Eureka's utility box beautification project (its handle is at the right edge of the image). The curved wood and iron bench is fashionable and smart. There is a small shade tree, which was out of view behind me, and beneath everything a classic brick sidewalk ties it all together. I had thought to photograph the scene in its entirety but looking into the camera's viewfinder, it felt like something was missing from the composition. It was the woman on her bench. What ever became of her? I didn't know. And then oddly, almost by necessity, everything fell away as the mystery of the empty bench drew me to it. The missing element became the subject and I photographed an empty bench.

I shared the image on one of Humboldt County's Facebook pages, thinking maybe

someone would see the empty bench and remember the person who used to occupy it. I was amazed to find an outpouring of heartwarming stories from people who had noticed her there and remembered her. In a flood of personal tales, people told their stories of meeting the woman or simply of being accustomed to seeing her there. Many shared feelings about the empty bench left behind. It touched the humanity within me that so many people had noticed her and that she had become such a part of that place for so many. The corner without the woman is an outdoor art exhibit, a living installation with its shade tree, a brick sidewalk, a three-dimensional mural and a pretty bench — for a long time a living human was a part of it, and her absence was felt by many.

The Fourth and E streets' corner seems to be having some kind of vortex moment of confluent thought energy (who ya gonna call?). The same night I photographed it, two people mentioned thinking about the woman who had sat there. Others had recently been thinking of her. Then David Heller wrote a historical piece about Eureka in the 1800s for *Redheaded Blackbelt* that came out on Jan. 3, just two days after I had photographed the corner. His piece included an undated photograph of Fourth and E streets in Eureka from long ago when the area was part of what was called "Chinatown." Without knowing, I would guess the photo is at least 100 years old, possibly from the 1800s. I'm guessing from the look of things in the photo that it was taken before automobiles were popular.

See more of David Wilson's photography at [www.northcoastjournal.com](http://www.northcoastjournal.com), on Instagram at [@david\\_wilson\\_mfx](https://www.instagram.com/david_wilson_mfx) or on his website [mindscapefx.com](http://mindscapefx.com). He prefers he/him pronouns.



## Opportunities

**AMERICAN STAR  
PRIVATE SECURITY**

Is now hiring. Clean record.  
Drivers license required.  
Must own vehicle. Apply at  
922 E Street, Suite A, Eureka  
(707) 476-9262.

**NOW HIRING!**

Are you passionate about  
making a difference in your  
community? Are you tired  
of mundane cubicle jobs  
and want to join a friendly,  
devoted community with  
limitless potential?

Join the Humboldt County  
Education Community.

Many diverse positions  
to choose from with  
great benefits, retirement  
packages, and solid pay. Learn  
more and apply today at  
[hcoe.org/employment](http://hcoe.org/employment)

Find what you're looking  
for in education!

**LEGALS?**  
**442-1400 x314**



**DIRECTOR OF DIETARY  
SERVICES** being sought for  
Crestwood Behavioral  
Health Center - supervise  
staff to cook heart healthy  
meals & meet clients. Bene-  
fits include health, dental,  
vision, 401K. Please apply in  
person at 2370 Buhne Street,  
Eureka, 442-5721



**WIYOT TRIBE**  
**SOCIAL WORKER/  
ADVOCATE** F/T, year round.  
Under the direction of HHS  
Director, the Social Worker  
will provide direct social  
services and advocate for  
clients in the service area.  
[www.wiyot.us](http://www.wiyot.us)

**SoHum Health is HIRING**

Interested applicants are  
encouraged to visit and apply  
online at [www.SHCHD.org](http://www.SHCHD.org) or  
in person at 733 Cedar Street,  
Garberville (707) 923-3921

**CURRENT JOB OPENINGS****NURSE MANAGER – EMERGENCY DEPT/ACUTE**

Full Time Position. Critical Access ER/Acute  
Department Nursing Manager; 4-bed Emergency  
room & 9-bed Acute care unit, seeking a Nurse  
Manager to provide leadership, administrative  
responsibility and oversight of the ER and Acute  
care departments. Current California RN license  
required. BSN, PALS, & ACLS required. Minimum  
2 years ER experience required. Minimum 1 year  
Management Experience strongly preferred.

**CASE MANAGER**

Full Time position. 8 or 10 hour shifts. Provide  
assessment, planning, and coordination of options  
and services to meet a patient's medical care  
needs. Assist in patient care by providing clinical  
information to payers, monitor length of stay,  
seek necessary care authorizations, and appeal  
medical decisions. Current RN or CSW license  
required. Minimum 3 years case management,  
or related field, experience preferred.

**LICENSED VOCATIONAL NURSE –  
CLINIC & HOME VISITS**

Full Time position, 8 or 10 hr. shifts, 4 or 5 days  
a week, Monday - Friday. Current California  
LVN license and BLS certification required.  
Work 8 or 10 -hour shifts in our outpatient  
Rural Health Clinic and at patient homes.

**PATIENT FINANCIAL SERVICES –  
REGISTRATION CLERK**

Serves as a customer service representative to  
patients, their families, the public and the Medical  
Staff. Must be able to communicate clearly. Effective  
computer and software skills, a knowledge and  
experience with a wide array of various software  
systems and applications. Ability to maintain  
confidentiality with regard to patient information  
and other sensitive issues. Ability to perform basic  
math functions and be able to balance a cash box.  
Ability to follow direction. Willing to train the right  
person. High school diploma or equivalent required.  
One year secretarial or general office experience  
preferred. Must be available to work weekends.

**ER/ACUTE CARE REGISTERED NURSE**

Full-Time, 12-hour shift, 3 days/week. Current  
California RN License, BLS, ACLS, & PALS  
certification required. Work 12-hour shifts in our  
critical access acute care & emergency room.

New hires qualify for benefits as soon  
as they begin employment!

SHCHD minimum wage start at \$15.50  
per hour featuring an exceptional benefits  
package, including an employee discount  
program for services offered at SHCHD.



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2930 E St. Eureka, CA 95501  
(707) 445.9641

CARDINAL SERVICES INC., DBA

SEQUOIA PERSONNEL SERVICES

**Showroom Manager • Optician Trainee  
Network Cable Inst. • HR Director  
Project Coordinator • Receptionist  
Certified Medical Asst.  
Forestry/Watershed Technician  
Investment Administrator  
Secretary • Warehouse Laborers**

**Dell'Arte  
International**

now accepting applications for a

**MANAGING  
DIRECTOR**

This is a full-time, 40 hour/week position based in  
Blue Lake, Calif. Hiring salary for this position is  
\$40,000 to \$45,000, plus four weeks paid vacation,  
a health stipend, sick leave and paid holidays.

The Managing Director reports to the Board of  
Directors, and is responsible for helping to ensure  
the success of Dell'Arte's mission, vision and values  
through successful oversight and execution of the  
daily administrative operations of the organization.

**The Managing Director serves Dell'Arte by:**

- Helping to provide important strategic vision and direction.
- Serving as the liaison to the Board of Directors, and  
serving on the Finance Committee and the Management  
Group, comprised of Dell'Arte's Program Directors.
- Serving as an authorised representative of the  
Institution in all business transactions.
- Overseeing all institutional fundraising efforts.
- Representing Dell'Arte to patrons, guests,  
donors and other stakeholders.

The ideal candidate will be highly organized, team-  
minded, and dedicated to skillfully managing the  
organization through its next phase. They will have a  
track record of effectively supervising administrative  
staff, evidence of successfully promoting diversity  
and gender equality, and engaging diverse  
leaders, organizations and the community at large,  
experience as a spokesperson and organizational  
representative for soliciting financial support,  
establishing and maintaining relationships with  
community partners and key individual donors, and  
experience in grant writing and management.

They will also have a strong comprehension of  
financial strategy and accounting principles, as  
well as possess strong attention to detail.

If you meet the minimum requirements or possess  
the preferred experience along with a sincere drive  
and appetite to work in an artist-led organization,  
we strongly encourage you to apply.

Please visit our website for a complete job description,  
and to apply, at [www.dellarte.com/work-with-us](http://www.dellarte.com/work-with-us)

**Application deadline: January 30, 2020**

## THE NORTH COAST JOURNAL IS SEEKING DISTRIBUTION DRIVERS



Wednesday afternoon/  
Thursday morning routes in  
**Arcata • Fortuna/Ferndale  
Willow Creek/Hoopa**

Must be personable, have a reliable vehicle, clean driving  
record and insurance. News box repair skills a plus.

Contact Sam  
**707.442.1400 ext. 308**  
[sam@northcoastjournal.com](mailto:sam@northcoastjournal.com)

**Hiring?**

Post your job opportunities  
in the *Journal*.

**442-1400 x314**  
[northcoastjournal.com](http://northcoastjournal.com)





**MINDFULNESS REMINDER – TAKE THE MOMENT FOR YOURSELF AND YOUR LOVED ONES TO BE THANKFUL FOR THE GIFTS YOU HAVE AND CONNECT WITH OTHERS NEEDING SUPPORT.**

**WISHING YOU A NEW YEAR! – CRESTWOOD BEHAVIORAL HEALTH CENTER** Come join our team as an On-Call case manager, recovery coach, nurse, cook, or housekeeper. AM/PM/NOC shifts. Incredible opportunities to get psych training and experience, as well as get your foot into our 20 facility California wide organization. FT&PT (& benefits) available with experience. Apply at: 2370 Buhne Street, Eureka 707-442-5721



## Northcoast Children's Services

### ASSOCIATE TEACHER, Redway

Assist teacher in implementing & supervising activities for preschool children. Req. a min. of 12 ECE units—incl. core classes—and 1 yr. exp. working w/ children. F/T 32 hrs/week (M-Fri) \$14.00-\$14.70/hr. **Open Until Filled.**

### ASSISTANT TEACHER, Fortuna

Assist in class, at parent meetings & on home visits for children & families. Must have 6 months exp. working w/ children. Prefer 6-12 units in ECE. P/T 25 hrs/wk \$13.00-\$14.33/hr. **Open Until Filled.**

### CLASSROOM ASSISTANT, Eureka

Assist staff in day-to-day operation of the classroom for a preschool prog. 6-12 ECE units pref. or enrolled in ECE classes & have 6 months exp. working w/ children. P/T 25-28 hrs/wk M-F \$13.00-\$14.33/hr. **Open until Filled.**

### CLASSROOM ASSISTANT, McKinleyville

Assist staff in day-to-day operation of the classroom for a preschool prog. 6-12 ECE units pref. or enrolled in ECE classes & have 6 months exp. working w/ children. P/T 17 hrs/wk M-Thur. \$13.00-\$14.33/hr. **Open until Filled.**

### SUBSTITUTES-Humboldt and Del Norte County

Intermittent (on-call) work filling in for Classroom Assistant, Assistant Teachers, Cooks/Assistant Cooks or occasional childcare for parent meetings. Req. exp. working w/ children or cooking. \$13.00/hr. No benefits. Submit Schedule of Availability form w/app.

Submit applications to:

**Northcoast Children's Services**

1266 9th Street, Arcata, CA 95521

For addtl info & application

please call 707- 822-7206 or visit our website at

[www.ncsheadstart.org](http://www.ncsheadstart.org)



## CITY of EUREKA

### MAINTENANCE/ UTILITY WORKER I/II WASTEWATER COLLECTIONS & WATER DISTRIBUTION DIVISIONS

\$2,500 - \$3,509 PER MONTH  
PLUS EXCELLENT BENEFITS

This position performs a variety of semi-skilled labor in the construction, maintenance and repair of City infrastructures. This recruitment will be used to fill current and future vacancies in the Wastewater Collections and Water Distribution Divisions.

Desirable qualifications include a combination of education (equivalent to graduation from high school) and at least 1 year of experience related to area of assignment.

For a full job description and to apply, please visit our website at [www.ci.eureka.ca.gov](http://www.ci.eureka.ca.gov). EOE

Applications will be accepted until  
**5 pm Monday, January 21st, 2020.**



### THE CITY OF BLUE LAKE seeks qualified applicants for the contract position of City Building Official.

The current building official works one day per week and is available by appointment for special inspections. The City contracts out plan check services as needed.

The City's current Building Official also contracts with the City of Trinidad for services one day per. Interested applicants are encouraged to submit a resume and proposal for services.

Position will remain open until filled. Resumes and Proposals can be delivered via hand, email or by regular mail to the attention of the City Manager, **Amanda Mager**, at the following addresses:

**Citymanager@bluelake.ca.gov PO  
Box 458 Blue Lake, CA 95525 111  
Greenwood Road Blue Lake 95525**

Inquiries should be directed to the  
City Manager. 707-668-5655

Employment Opportunity: City of Blue Lake  
[www.Bluelake.ca.gov](http://www.Bluelake.ca.gov)



## Employment Opportunity with Tolowa Dee-ni' Nation

### DV/SA Program Manager

Full Time

\$21.14 - \$33.59

Under the general supervision of the Director of Community & Family Services, the DV/SA Program Manager will manage the day-to-day operations and oversee the Domestic Violence and Sexual Assault programs and projects to ensure smooth functioning, provide quality services to individual clients and their families, support the goals of the program and CFS.

The DV/SA Program Manager is responsible to ensure adequate systems are in place to maintain the highest quality services and that all work is completed in compliance with all applicable regulations and performance standards.

Apply at: [www.tolowa-nsn.gov/employment/](http://www.tolowa-nsn.gov/employment/)



### CITY OF FORTUNA POLICE CHIEF UP TO \$120,000 PER YEAR

This is a contract position and final salary is subject to negotiation with the City Manager and approval by City Council. Under administrative direction of the City Manager, to plan, organize, direct, and coordinate the law enforcement and crime prevention functions of the City; to ensure the protection of life, property, and individual rights of all community members through public engagement and enforcement of applicable laws and ordinances; to develop and administer various programs including but not limited to animal control, traffic safety, parking control and emergency services; to manage a volunteer program; prepare and administer the department budget; supervise subordinate staff and provide highly responsible and complex administrative support to the City Manager.

Complete job description and required application available at [friendlyfortuna.com](http://friendlyfortuna.com) or City of Fortuna, 621 11th Street, Fortuna, CA 95540, (707) 725-7600.

Applications deadline is 4:00 pm on  
**Friday, January 17, 2020.**



## Hiring?

Post your job opportunities  
in the *Journal*.

442-1400 x314  
[classified@northcoastjournal.com](mailto:classified@northcoastjournal.com)



Make a  
Difference  
IN YOUR COMMUNITY

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**MENTOR**  
Family Home Agency

Call Sharon at  
(707) 442-4500

California MENTOR is seeking families with an available bedroom in their home to share with an adult with special needs. Receive ongoing support and a generous, monthly payment.

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## HUMBOLDT HILLS NATURAL FARMS

A professional cannabis company in Southern Humboldt is currently looking for a full time Finance Manager/Accountant to join our team.

### Description Knowledge, Skills and Abilities:

- Responsible for all day to day accounting activities which include
- Accounts Receivable and Payable
- Manage payroll
- Maintain the general ledger, perform the monthly close out statements
- Financial statements and management reporting
- Manage and ensure accuracy of Accounts Payable/Cash Disbursements
- Develop and monitor cash forecasts and weekly P/L flashes
- Analysis: Provide financial and operational analysis support for management; perform cost analysis for product lines, margin analysis for products
- Work closely with outside tax preparation, consulting, and independent accountants Profile
- Any other duties deemed necessary for this type of position

### Requirements:

- 5+ years of Accounting experience required
- Bachelor's Degree in Accounting or Finance required
- Experience with an Inventory system, supply chain management required
- Experience with QuickBooks and T-sheets
- Excellent organizational skills and attention to detail
- Excellent written and verbal communication skills
- High degree of accountability
- Compensation: \$70,000 to \$90,000 yearly based on experience and knowledge

Please send your resume to  
[rhondahhnf@gmail.com](mailto:rhondahhnf@gmail.com)



## CITY OF ARCATA PLANNING COMMISSIONER VACANCY

Play a key role in  
shaping Arcata's future!

A Natural Resources or Environmental Compliance background is helpful for this volunteer position which meets twice per month in the evenings.

If you are interested in joining a dedicated team of decision makers, please visit [www.cityofarcata.org](http://www.cityofarcata.org) and submit an application form or call 707-825-2135.



## K'ima:w Medical Center

*an entity of the Hoopa Valley Tribe, is seeking applicants for the following positions:*

### PHARMACY TECHNICIAN

DEADLINE TO APPLY IS 5 PM, JAN. 30, 2020.

### MEDICAL ASSISTANT

DEADLINE TO APPLY IS 5 PM, JAN. 30, 2020.

### MEDICAL DIRECTOR'S SECRETARY

DEADLINE TO APPLY IS 5 PM, JAN. 23, 2020.

### NATIVE CONNECTIONS PROJECT ASSISTANT

DEADLINE TO APPLY IS 5 PM, JAN. 23, 2020.

### PATIENT BENEFITS CLERK

DEADLINE TO APPLY IS 5 PM, JAN. 23, 2020.

### DIABETES PROGRAM MANAGER DIABETES EDUCATOR

DEADLINE TO APPLY IS 5 PM, JAN. 24, 2020.

### MENTAL HEALTH CLINICIAN

DEADLINE TO APPLY IS 5 PM, JAN. 24, 2020.

### PHYSICIAN

DEADLINE TO APPLY IS 5 PM, JAN. 31, 2020.

### PARAMEDIC

DEADLINE TO APPLY IS 5 PM, JAN. 31, 2020.

### CERTIFIED ALCOHOL AND DRUG COUNSELOR

ALL POSITIONS ARE OPEN UNTIL FILLED,  
UNLESS OTHERWISE SPECIFIED

For an application, job description, and additional information, contact: K'ima:w Medical Center, Human Resources, PO Box 1288, Hoopa, CA, 95546 or call 530-625-4261, ext. 211 or 226, or email: [hr.kmc@kimaw.org](mailto:hr.kmc@kimaw.org) for a job description and application. You can also check our website listings for details at [kimaw.org](http://kimaw.org). Resume and CV are not accepted without a signed application.

We are excited to announce that we've partnered with the @uscensusbureau to support the #2020Census! As a partner, we'll be working to ensure that our community is accurately represented. To learn about the upcoming census, visit [2020census.gov](http://2020census.gov). A number of local jobs will be created for this project and you can apply to work for the census: <https://2020census.gov/en/jobs/how-to-apply.html>



## Tribal Programs Administrator

The Tribal Programs Administrator is responsible on a daily basis for ensuring the smooth operation

of the department and administrative functions, as well as providing administrative support to the Tribal Programs Director and other Program Managers. The Tribal Programs Administrator is a member of the administrative team, which includes program staff and acts as the liaison between all departments of Tribal Programs Operations. This position is a highly confidential position requiring the ability to maintain confidentiality as per Tribal, local, state and federal laws. This position is responsible for the efficient dissemination of correspondence, communication, and information under the direct supervision of the Tribal Programs Director and shall ensure that the office systems are effective and accurate.

The Tribal Programs Administrator is also responsible for Member Services Intake duties and shall greet and assist all Tribal Members, answer telephone calls, create a professional, orderly, and friendly atmosphere, determine the nature of the Tribal Members business and assist their needs appropriately. Under general direction, provides technical support to Tribal Members in regards to their benefits, including the distribution program, insurance, social service referrals and general information.

### Qualifications, Education and/or Experience:

High school diploma or GED; and 1-3 years experience in office management or related experience and/or training.

Previous experience with multi-line phone system, screening appointments and phone calls desirable.

Must not have been convicted of a felony. No misdemeanor convictions within previous 12 months and no misdemeanors involving moral turpitude/moral depravity.

Considerable knowledge and practical experience with computers; standard Microsoft application packages, including Excel and Power Point; modern office technologies; or an equivalent combination of education and experience.

Ability to establish and maintain harmonious working relationships with other employees is essential in maintaining a positive atmosphere in the work environment.

Business Casual Attire

Must pass pre-employment drug test.

Indian preference.

Please send resume to: Trinidad Rancheria  
P.O. Box 630, Trinidad, CA 95570 Attn: HR Director





Area 1 Agency on Aging

## Can you help a Senior

**"Our Mandate and Mission is to advocate for dignity, quality of life, and quality of care for all residents in long-term care facilities"**

**WHAT:** You can change a life with just a few hours each month.

**WHO:** YOU - Become an Ombudsman. We are highly trained advocates for residents living in Skilled Nursing Homes and Residential Care Facilities for the Elderly.

**WHY:** Ombudsman advocate for residents of long term care facilities in Humboldt and Del Norte counties; we empower those who are unable to protect their own rights, we assist those who are unable to speak for themselves and we educate the community about the rights of the elderly.

**HOW:** Ombudsman are State-certified volunteers trained to objectively investigate complaints and solve problems for residents. The Ombudsman makes regular visits to the long term care facilities to monitor the quality of care provided to these residents. When necessary we work closely with regulatory agencies and local law enforcement agencies.

**WHEN:** We ask that volunteers commit to visiting their assigned facilities a minimum of twice per month for the Skilled Nursing facilities and minimally once per month for the Assisted Living facilities. The schedule is set by the volunteer.

There is mandated 36 hour classroom/home study training along with an additional 10 hours working in the facility with a senior volunteer.

If you are interested in helping these special seniors please call:

Ombudsman Program  
Suzi Fregeau, 707-269-1330



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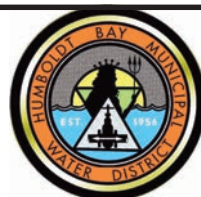
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### HUMBOLDT BAY MUNICIPAL WATER DISTRICT

Electrician and Instrumentation Technician

Arcata, CA

ELECTRICIAN DESIRED - SOME TRAINING POSSIBLE!

Due to an internal promotion, the Humboldt Bay Municipal Water District is seeking a highly skilled Electrician and Instrumentation Technician to add to our team. While this is not an entry-level position, we are willing to train the right individual with strong prior experience. This position installs and maintains new equipment; troubleshoots and repairs existing equipment, and programs and calibrates a large variety of electrical and electro-mechanical equipment including high voltage distribution systems, hydroelectric power generation equipment, water pumps, cranes, and telemetry systems. The ideal candidate will have a wide skill-set, including the ability to work on small millivolt systems up to large 12kV high voltage distribution power. Preferably, the applicant's skillset will also include PLC programming, SCADA system diagnostics and wireless technologies. HBMWD fosters a strong team environment. The successful candidate will possess strong communication and interpersonal skills and be able to work both self-sufficiently as well as in a team environment.

While this is typically a Mon-Fri, 7am-3:30pm position, the workload of this position can change on a daily basis and as such, overtime, weekends and holidays are required as needed. Because this is a Safety-Sensitive Position, a pre-employment physical and drug screen are required. Candidate must possess valid California driver's license and have (or be willing to acquire, with the District's assistance) Grade 2 Water Distribution (D2) and Grade 2 Water Treatment (T2) certifications within the first 2 years of employment. The salary range for this permanent, full-time position is \$5,364 - \$6,520/month, plus a terrific benefits package.

Employment applications are available online at [www.hbmwd.com](http://www.hbmwd.com), or at the District Main Office (828 7th Street, Eureka). Completed applications can be dropped off at the District Main Office or mailed to HBMWD, PO Box 95, Eureka, CA 95502-0095.

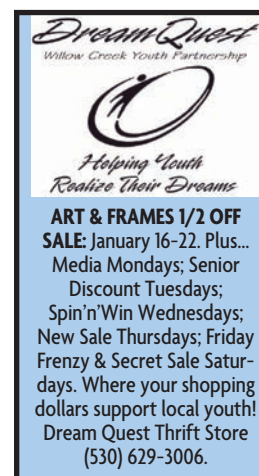
Applications accepted until position is filled. [www.hbmwd.com](http://www.hbmwd.com)

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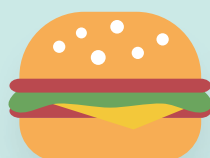
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±40 Acres with a 2/1 home just outside of sunny Willow Creek! Features a shed, water storage tanks, and PG&E (with hookups for backup generator).



## BENBOW – LAND/PROPERTY - \$179,000

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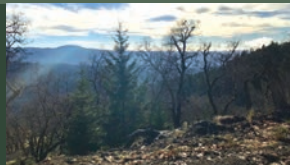
**WILLOW CREEK – LAND/PROPERTY - \$85,000**  
Almost an acre with power and community water at the property line as well as an undeveloped spring. Residential Suburban zoning.



## HYDESVILLE – HOME ON ACREAGE - \$679,000

±8 Private acres featuring a large custom 3/2 ranch home, large barn with “Man Cave”, pool, hot tub, orchard...and so much more!

**MAD RIVER – LAND/PROPERTY - \$199,000**  
±40 Acres w/southern exposure, pond, meadows, lg flats, cabin, outbuildings, w/views of Ruth Lake.



## 5914 WALNUT DRIVE, EUREKA - \$366,000

4 bedroom, 2 ½ bathroom home featuring glass front gas fireplace, 2 car garage (with work bench), RV parking, and more!

## EUREKA – RESIDENTIAL - \$218,000

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## SALYER – HOME ON ACREAGE - \$319,000

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## CUTTEN – LAND/PROPERTY - \$495,000

±9.25 Acres in Cutten/Ridgewood area! Property has redwoods, open meadows, a skid road, and the potential to subdivide.

## HOOPA – HOME ON ACREAGE - \$199,000

Flat, usable ±.65 parcel, fully fenced, w/ Mill Creek frontage, fruit trees, 2 cabins w/ bath & electric.



## DOUGLAS CITY – LAND/PROPERTY - \$385,000

±124 Acres overlooking Reading Creek! Easy access, year round creek (with fish), and an unfinished 3/2 house!

## KING SALMON – LAND/PROPERTY - \$99,000

Three parcels totaling ±.4 acres on the canal in King Salmon. Water and power on the property.



## HORSE MOUNTAIN – LAND/PROPERTY - \$2,500,000

8 Remote patent parcels totaling ±1,279 ac off USFS 1 appx 18 miles from Berry Summit. Owner will carry.

## BIG LAGOON – LAND/PROPERTY - \$375,000

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